

BY THE EDITORS OF CONSUMER GUIDE®

JAPANESE

COOKING CLASS COOKBOOK



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INTRODUCTION

Japanese cuisine is appreciated not only for its wonderful combinations of flavors and textures, but also for its appealing presentation. Taste and appearance are truly intertwined. The recipes and photos in this book will unlock the secrets of these two facets of Japanese cooking. Using a variety of ingredients, seasonings and cooking methods, the recipes include many favorites commonly seen in Japanese restaurants, as well as several dishes typical of Japanese home-cooking. The recipes are accompanied by a photograph of the completed dish and how-to photographs that illustrate steps in preparing the recipes. Each of the how-to photos is numbered according to the corresponding number of the appropriate step in the recipe instructions.

A simple, Japanese-style dinner is normally composed of soup, plus 3 "main dishes," followed by rice, a pickled vegetable and green tea. Fruit is often served as a last, sweet course. Each of the foods is usually presented in its own small serving dish. More formal and elaborate meals include embellishments on these dishes and more courses. However, feel free to serve Japanese foods in the Western eating style of 1 main dish, accompanied by soup, rice, vegetable and salad. The number of servings recommended at the end of each recipe in this book are based on the Western style of eating, with one noteworthy exception. Japanese-style salads are not really the equivalent of Western salads. Called *aemono* (dressed things) and *sunomono* (vinegared things), they are usually served toward the beginning of a meal almost as an appetizer and/or toward the end of a meal as the pickled vegetable (commonly shortened to the term pickles). The portions are definitely smaller than those of Western salads, and the nature of Japanese-style salads with regard to content and flavor makes it appropriate to use the small-sized portions when serving these salads.

Don't hesitate to prepare just 1 or 2 Japanese dishes to go along with some of your favorites from the West; or plunge in with a complete Japanese meal. When selecting recipes, take into account variations in texture, flavor, color and cooking method. For example, Sashimi along with a fried or grilled food and a simmered dish provides variety in both taste and appearance.

Read through the following section to familiarize yourself with ingredients used in the recipes. Then begin your travels through the delicious world of Japanese cooking.

JAPANESE INGREDIENTS

Bean Sprouts (*moyashi*): long, white shoots sprouted from the small green mung bean. Fresh sprouts should be firm, crisp and plump. They have a fresh, clean, grassy flavor. Available in plastic bags, they will keep up to 1 week in the refrigerator; however, they are best when used as soon as possible. Rinse well before using and remove any dry, loose bean husks. Canned sprouts are available, but not recommended.

Bonito Flakes, Dried (*katsuo-bushi*): pale reddish-brown, shaved flakes of dried bonito fish filets, used as a flavoring or garnish and primarily as the basis for *dashi*. Specifically, *katsuo-bushi* is the name of the dried block of bonito fillet. What is commonly available in Oriental markets outside of Japan is the already shaved flakes, sold in cellophane packages of various sizes and weights. They can be labelled any of the following: *kezuri-bushi* or shaved dried bonito, *hana katsuo* (meaning "flower" bonito) or simply dried bonito flakes. Store, tightly covered, at room temperature up to about 6 months. A slightly different version of this product, called *katsuo ito-kezuri* or dried shredded bonito, is also available; these shreds are finer and thinner than the flakes and are used for garnishes.

Burdock Root (*gobo*): long, thin, root, with reddish-brown skin, often used in simmered and fried dishes. This firm-textured, mild-flavored root ranges from 14 to 24 inches (35 to 60 cm) in length, and its thickest part at the top is normally less than 1 inch (2.5 cm) in diameter. The best flavor is in the skin; thus, only the outer, thin brown layer is removed by scraping with the back of a knife blade (the root is not pared with the sharp edge of the blade). Once skinned and cut, burdock should be placed in cold water to which a little vinegar has been added; this helps prevent the rapid discoloration that would otherwise take place and also reduces the slight bitterness in flavor. Fresh burdock root is available in Oriental markets; store in refrigerator up to 2 weeks. There is no substitute.

Chinese Cabbage (*hakusai*): a tender, mild-flavored vegetable, with layered leaves comprising a long, cylindrical head or bundle. The leaves have wide, crisp, white stems and a smaller proportion of softer, pale green, crinkled tops. It is often used in soups, one-pot cooking and salads. Chinese cabbage, quite often labelled "bok choy," as it is called in Chinese cuisine, is available fresh in the produce section of almost every supermarket. Store in refrigerator, wrapped in plastic, up to 1 week.

Cucumber (*kyuri*): Japanese cucumbers are usually narrower than the Western varieties and have thinner skin and smaller, softer seeds. They normally range from 6 to 9 inches (15 to 23 cm) in length and 1 to 1½ inches (2.5 to 4 cm) in diameter. The recipes in this book call for "small, thin cucumbers, preferably unwaxed," as the closest equivalent. These are available in most supermarkets; they may be labelled European or gourmet. Otherwise, select young tender cucumbers; pare and seed, if desired.

Daikon: long, white, Japanese radish with green top-leaves, that is used extensively in all types of Japanese cooking. It is used raw—grated or cut into fine strips—and is also cooked in many types of simmered and braised dishes. The flesh has a fair amount of water content; therefore, freshly grated daikon is drained and sometimes squeezed to remove excess moisture. Daikon roots range in size from 6 to 30 inches (15 to 75 cm) long, 2 to 6 inches (5 to 15 cm) in diameter and 1 to 5 pounds (450 g to 2.3 kg) in weight. Fresh daikon is available in Oriental markets whole (with or without leaves attached) or in cut sections; roots should be firm and skin should be taut, not wrinkled. Pare skin before using. Store in refrigerator up to 2 weeks. As with all types of radish, daikon can be mild or hot, delicately flavored or quite pungent. Other types of large white radish, such as icicle, can be substituted.

Dashi: the basic Japanese soup stock, made from water, dried kelp (*konbu*) and dried bonito flakes. Dashi is truly an essential ingredient in Japanese cooking; it is used not only as the basis for soups and simmered foods, but also as a primary seasoning ingredient. Dashi is neither difficult nor time-consuming to prepare; and "instant" versions are available. See the recipe and Note on page 8.



DRIED BONITO FLAKES

CHINESE CABBAGE

JAPANESE CUCUMBERS

DAIKON

4 INTRODUCTION

Ginger Juice, Fresh: juice extracted from fresh ginger root. Simply grate the pared ginger root; then squeeze grated ginger between thumb and fingers to extract the juice.

Ginger Root, Fresh (shoga): a knobby root that grows in plump connected lobes. It has tan skin and gold flesh often tinged with bluish-green. In Japanese cooking, ginger root is minced, grated and cut into thin slices or fine strips. Fresh ginger is readily available; a good root has hard knobs, not spongy, with firm, smooth skin, not wrinkled or shriveled. Stored in the refrigerator in a plastic bag with a small piece of paper toweling wrapped around the root to prevent moisture from collecting, it will keep for weeks. (Do not use ground ginger as a substitute.)

Green Onions: In Japan, green onions are found in a variety of sizes and types. Two of these types are similar to thin, Western green onions or scallions, except that most of the length is comprised of green stalk, with perhaps only 1 inch (2.5 cm) of white bulb. For the recipes in this book, use thin, tender green onions; unless specified otherwise, always include the green part of the onions when preparing the recipe.

Another type of Japanese green onion, called a long onion, ranges from 10 to 16 inches (25 to 40 cm) in length and from about $\frac{3}{8}$ to 1 inch (1 to 2.5 cm) in diameter; it is primarily the white bulb portion that is used. These are not readily available; the recipes in this book, therefore, call for leeks where the long onion would normally be used. Though not quite the same in texture or flavor, leeks are certainly the best substitute for these onions.

Japanese Pumpkin (kabocha): a green-skinned vegetable, with yellow-orange firm flesh and a somewhat flattened globular shape, usually weighing 1 to 2 pounds (450 to 900 g). It is used mainly in simmered or fried dishes and has a rich, slightly sweet flavor. The skin can be removed completely or partially, if desired; the internal seeds and strings should be removed. Sometimes called Japanese squash, it is available in Oriental markets; store in a cool, dry place up to 2 weeks. Winter squash, such as acorn, or even a small pumpkin can be substituted.

Kanpyo (or kampyo): long, thin, dried gourd strips used in Sushi, in simmered dishes and sometimes as "string" to tie foods together. The cream-colored strips are available by weight in cellophane packages. To soften, kanpyo is rinsed, rubbed with salt, then boiled in water. Finally, it is boiled in a flavored liquid, such as dashi. Store the dried kanpyo in an airtight container at room temperature. There is no substitute.

Kelp, Dried (konbu or kombu): cut and folded pieces or strips of kelp, a species of seaweed. These black or dark brownish-green, flat pieces are used mainly for flavoring simmered dishes and especially as one of the primary ingredients in dashi. Dried kelp is usually just wiped with a damp cloth (not washed) before using to remove any sand; the flavorful white powder on the surface should not be rubbed off. Normally, kelp is removed from the cooking liquid just before the boiling point is reached; boiling the kelp

can cause bitterness. (When it is boiled, it is usually cooked with seasonings for several hours, then used for strongly flavored dishes.) Dried kelp is available in cellophane packages in Oriental markets; it will keep indefinitely if stored airtight at room temperature. There is no substitute.

Leeks: see Green Onions.

Lotus Root (renkon): a cream-colored, crunchy root with a mild flavor, normally eaten raw, fried or simmered. A whole section of root ranges from 4 to 7 inches (10 to 18 cm) in length and 2 to 3 inches (5 to 8 cm) in diameter. It is always pared and is normally sliced crosswise; due to small hollow cavities running lengthwise inside the root, the slices have an appealing, flower-like appearance. Pared and cut lotus root should be placed in cold water with a little vinegar to prevent discoloring. Fresh lotus can be found in Oriental markets; store up to 10 days in the refrigerator or up to 1 week in a cool, dark place. If necessary, canned lotus root (which is already boiled) may be substituted.

Mirin: a sweet cooking wine made from glutinous rice that is used for sweetening and flavoring. Its alcoholic content normally ranges from 12 to 15 percent. It is available in Oriental markets (not usually in liquor stores) in bottles ranging from 10 to 32 fluid ounces (300 mL to 1 L). Note the labels when purchasing mirin. Hon-mirin, manjo-mirin, sweet cooking rice wine and sweet cooking sake are all acceptable names. Avoid products called aji-mirin or with the word "seasoned" on the label; these have seasonings or flavoring added to the basic hon-mirin.

Miso: fermented bean paste made from soybeans and usually a grain malt of rice, wheat or barley. Miso is certainly one of the basic flavoring ingredients in Japanese cooking. It ranges in color from whitish or pale yellow to reddish-brown and even dark brown, but is generally categorized as "light" or "white" miso and "red" miso. The texture varies from smooth and soft to very firm and chunky; and the flavor ranges from somewhat sweet to very salty. Strictly speaking, you can probably use the miso of your choice in any particular recipe, although, of course, the color and texture of the finished dish will be affected. Due to the wide variations in flavor, texture and color, we recommend trying several so that you can determine your own preferences. Miso is available in tubs, jars or cellophane packages, usually in the refrigerator case of Oriental markets or health food stores. It will keep for several months if stored in an airtight container in the refrigerator.

Mushrooms, Chinese Black (shiitake): a mushroom with a dark brown outer skin on the cap and beige inner flesh which has a slightly woody flavor. The stems are rather tough and fibrous; they are usually removed because they take so much longer to cook than the more delicate caps. (If desired, save the stems to use in a soup or stew.) Sizes include small (1 inch or 2.5 cm), medium (2 inches or 5 cm), large (3 inches or 7.5 cm) and extra-large (4 inches or 10 cm) diameter caps. A decorative, notched design is often cut on the top of the cap. These mushrooms

are used for flavor, texture and appearance throughout Japanese cooking. If you cannot locate fresh black mushrooms, there are two possible substitutes. If you prefer a milder, more delicate flavor, substitute other types of appropriately sized fresh mushrooms.

If a stronger flavor is desired, use **dried Chinese black mushrooms**, especially if they are to be cut up and mixed with other ingredients. The flavor of the dried mushrooms is more intense and earthy than that of the fresh ones. Dried mushrooms must be soaked in hot water to soften and rehydrate for at least 20 minutes before they are used. Sometimes the flavorful soaking water is also used in a recipe. Available loose or packaged, the dried mushrooms will keep indefinitely in covered container at room temperature. When these dried mushrooms are specifically called for in a recipe, do not substitute fresh ones or dried European mushrooms.

Noodles (menrui): Among the variety of noodles found in Japan, probably the 3 most commonly used are udon, somen and soba. Noodles are usually served in a broth or with a liquid dipping sauce and may be eaten hot, at room temperature or chilled. Served this way, eating the noodles is a matter of enjoyment and practicality; as in Japan, get close to the noodles and broth, and don't worry about being somewhat "noisy" while eating them. Cream-colored **udon noodles** are made of wheat flour, salt and water; they may be round or flat and vary in length and thickness. **Somen noodles** are also made of wheat flour; they are very fine, round, white noodles. **Soba noodles** are made with buckwheat flour; they are usually of medium thickness and of greyish-brown color. Within these basic types, there are several variations in thickness, size and color. For example, there is a yellow somen that has egg yolk added; it is called tamago somen. Soba may have powdered green tea added (then called cha soba) and have a greenish color. Choose the noodle weight, flavor and color you like best. Japanese noodles are most readily available in dried form in cellophane packages; store these indefinitely at room temperature. Fresh noodles (either cooked or uncooked) can sometimes be found in the refrigerator case of Oriental markets, quite often vacuum-packed in broth; store these, refrigerated, for 1 to 2 weeks. Fresh noodles are cooked in the same way as dried noodles, though less cooking time may be required. If necessary, other pasta of comparable thickness and shape can be substituted.

Nori: the dark brownish-green, dried leaves of a sea vegetation called laver. The thin, dried sheets of nori are cut into rectangles, the standard size being about 7x8 inches (18x20 cm). Nori is used as a wrapping in Sushi and some other dishes and also cut up into fine strips for use as a garnish. Nori sheets have a dull side and a shiny side; the shiny side should be on the outside when nori is used as a wrapper. Nori is usually available in packages of 10 to 12 sheets, either toasted (some packages use the term roasted) or untoasted. If the product you pur-

chase is not toasted, simply do the following: Holding a sheet with tongs, pass it quickly over a medium flame a few times just until it becomes slightly crisp and deepens in color. Or heat oven to 300°F (150°C); place nori sheets in single layer on oven rack and turn off heat immediately. Remove nori from oven after 5 to 10 minutes. Store nori at room temperature in an airtight container up to 6 months.

Rice, Short-Grain (kome): Short-grain rice is shorter and plumper than long-grain rice; when cooked, it is more moist and, therefore, the grains cling together more readily than do the drier, fluffier long grains. The washing and/or soaking of the rice before cooking is to shorten cooking time and to make the rice more tender and less "gummy." Short-grain rice is readily available in Oriental markets and many regular supermarkets; it can be identified, in most instances, by the word "Rose" somewhere in its name, e.g., "Japan Rose" or "California Rose." Sometimes, it may simply be labelled "Japanese Rice." Store in an airtight container at room temperature.

Rice Vinegar (su): a light, mellow and mildly tangy vinegar brewed from rice. It ranges in color from almost white to pale gold and is available in most supermarkets. Do not use brands that are synthetic (i.e., not brewed) or that are seasoned with salt or sugar. It will keep almost indefinitely if stored in a cool, dark place. Rice vinegar is used in numerous Japanese dishes, perhaps most notably for Sushi Rice. If absolutely necessary to substitute for brewed rice vinegar, use cider vinegar; but do not substitute if preparing Sushi.

Sake (nihon-shu): a brewed alcoholic beverage, commonly called Japanese rice wine. Its alcoholic content ranges from 15 to 17 percent. Sake can be served—usually slightly warmed—with almost any Japanese food. In addition, small amounts are regularly used in cooking for tenderizing and adding flavor. It is available in various sized bottles in liquor and wine stores. Store unopened sake in a cool, dark place; once a bottle is opened, it should be used as quickly as possible (because it is a fermented grain product). If necessary, substitute a dry sherry for cooking, but do not use Chinese rice wine.

Sansho Powder: sometimes called Japanese pepper, sansho is a tangy spice made of the seed pods of the prickly ash tree. The inner seeds are removed, and the pods are ground to a flaky powder. Available in spice tins or jars, sansho can be stored, tightly covered, up to about a year at room temperature.

Sesame Oil (goma abura): thick, brown, highly aromatic flavoring oil made from toasted sesame seeds. It has a rich, nutty flavor and is used in small amounts. Sesame oil smokes and burns easily; it is, therefore, not used for cooking, but is added for flavor, sheen and aroma. It will keep for several months if stored in a cool, dark place. There is no substitute.

Sesame Seeds (goma): the white or black small, flat seeds of the sesame plant. They are used for flavoring, coatings and sauces,

the black stronger-flavored seeds less frequently than the white. Normally the seeds are toasted in a dry skillet and then used whole or crushed and ground into a thick paste. Sesame seeds are usually available in cellophane packages and can be stored in an airtight container indefinitely at room temperature. Do not substitute purchased sesame paste or tahini for the ground seeds.

Seven-Spice Powder (shichimi togarashi): a coarsely ground, pungent blend of red cayenne pepper (togarashi) and 6 other seasonings. These may include: poppy, mustard, hemp, sesame and shiso seeds; sansho; pepper leaf; seaweed; dried orange, tangerine or lemon peel. Available in spice tins or jars, seven-spice powder can be stored, tightly covered, for several months.

Shirataki: gelatinous, somewhat transparent filaments made from the root starch of the devil's tongue plant (konnyaku). Shirataki are most often used in one-pot cooking. The strands resemble pasta in shape, but are not really noodles (although often termed as such). Shirataki are usually available in cans and also in cartons or vacuum-packed in the refrigerator case of Oriental markets. There is no substitute.

Shiso Leaves: fresh leaves of the beefsteak plant. Green shiso leaves have a slightly minty, fresh flavor; they are more commonly used than red shiso leaves (from a separate beefsteak species), which are used mainly in pickling plums. Green shiso is a common garnish, either whole or cut-up, and is often included in Sushi recipes as a wrapper or ingredient. Fresh shiso is available in Oriental markets; look for slightly puckered, but not wilted, leaves. Use the leaves as soon as possible. Though different in flavor, fresh basil or mint leaves can be substituted.

Snow Peas (saya-endo): flat, bright green, fully edible pea pods that are harvested before the peas mature. They are used for color, crunch and a refreshing sweet flavor. Snow peas are readily available fresh or frozen. For fresh pods, pinch off the tips and slowly pull them back to remove the tough top strings. Thaw frozen snow peas and drain before using.

Soba: see Noodles.

Somen: see Noodles.

Soy Sauce (shoyu): a pungent, salty liquid made primarily from soybeans and wheat. It is used extensively throughout Japanese cuisine as a flavoring agent and as a dipping sauce. "Regular" dark brown soy sauce is by far the most commonly used; "light" soy sauce, which is lighter in color and a bit thinner in consistency, is used primarily when it is desirable not to darken the color of other ingredients, such as in clear soup or with a light-colored vegetable. The flavor of light sauce is only minimally different from the regular sauce. If desired, substitute tamari soy sauce (made only from soybeans, without the wheat) or a medium-grade Chinese soy sauce for the regular sauce. (Reduced-salt products are also available; these are sometimes labelled "milder" soy sauce.)

Tofu (bean curd): made from soybeans, fresh tofu is pure white in color and has the

consistency of firm custard. Fresh tofu is available in rectangular or square cakes weighing 12 ounces to 1 pound (340 to 450 g). In Japan, a standard-size cake is about 3½ x 7 inches (9 x 18 cm) and weighs about 10 ounces (285 g). Japanese bean curd is softer and more delicate than the Chinese variety and is preferred for the recipes in this book. Rinse and drain tofu well before using. Store, covered with water, in refrigerator up to 1 week; change water daily.

Tofu, Deep-Fried (abura-age): thinly sliced tofu that is deep fried to a golden-brown color. (There is a thicker version called *atsu-age*; when called for in this book, however, the thin variety is to be used.) It is usually available in the refrigerator case of Oriental markets. Before using, rinse deep-fried tofu with boiling water to remove excess oil; pat dry with paper toweling. Store, tightly wrapped (not in water like fresh tofu), in refrigerator up to about 1 week. You can, of course, prepare your own deep-fried tofu: Slice fresh tofu to about ¼-inch (6-mm) thickness and deep fry until golden-brown; drain well and cool completely before refrigerating.



DEEP-FRIED TOFU DRIED WAKAME

Udon: see Noodles.

Wakame: a green seaweed ranging in length from 24 to 40 inches (60 cm to 1 m), used mainly in salads, soups and simmered dishes. Dried wakame must be soaked in water to rehydrate. The tough center veins or spines are cut away and discarded. After soaking, wakame is often simmered briefly (30 seconds to 1 minute), even when used as a salad ingredient; it still retains its crisp-tender texture. Available in cellophane packages, dried wakame will keep indefinitely in an airtight container at room temperature.

Wasabi: very hot Japanese horseradish, produced from the greenish-colored root of the wasabi plant. In Japan, roots are readily available and are freshly grated for use in dipping sauces, dressings and especially with raw fish in Sashimi and Sushi. As fresh wasabi is not often available outside of Japan, the recipes in this book call for wasabi powder. The powder comes in small, round, resealable tins and will keep several months at room temperature. To use, mix wasabi powder with just enough water to form a thick, smooth paste; cover the paste and let stand about 10 minutes to allow the flavor to develop. Tubes of prepared wasabi paste are also available; once opened, store tube in refrigerator. If necessary, substitute white horseradish or hot mustard.

VEGETABLE SOUP

KENCHIN-JIRU

4 ounces (115 g) burdock root
 2 cups (500 mL) cold water
 1 teaspoon (5 mL) vinegar
 1 medium potato, pared
 4 ounces (115 g) daikon, pared
 1 large carrot, pared
 2 to 3 large green onions
 4 fresh medium Chinese black mushrooms
 10 ounces (285 g) tofu
 1 teaspoon (5 mL) vegetable oil
 1 teaspoon (5 mL) sesame oil
 4 ounces (115 g) ground chicken
 5 cups (1250 mL) dashi
 1 tablespoon (15 mL) soy sauce
 1 teaspoon (5 mL) salt
 Seven-spice powder or sansho powder

1. Scrape burdock root with back of knife to remove all skin. Shave root diagonally into narrow, thin shavings, about 1 inch (2.5 cm) long. Place shavings into mixture of 1 cup (250 mL) cold water and the vinegar. Soak 3 to 4 minutes; rinse under cold running water and drain.

2. Cut potato lengthwise into quarters; cut quarters crosswise into thin slices. Place in remaining 1 cup (250 mL) cold water; soak 5 minutes. Drain.

3. Cut daikon and carrot lengthwise into quarters; cut quarters crosswise into thin slices. Cut green onions crosswise into ½-inch (1.3-cm) lengths. Remove and discard stems from mushrooms. Cut caps into halves; cut halves crosswise into thin slices.

4. Place tofu in strainer; using fork, break tofu into pieces no larger than ½-inch (1.3-cm). Rinse and drain.

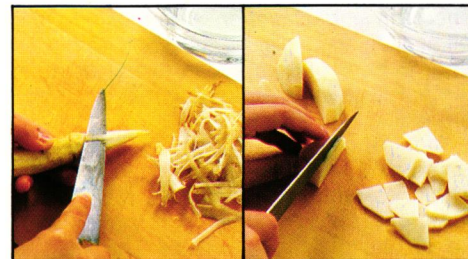
5. Heat vegetable and sesame oils in 3-quart (3-L) saucepan over high heat 1 minute; add chicken. Sauté, stirring constantly, until chicken is cooked, about 3 minutes.

6. Add burdock root, potato, daikon and carrot to chicken. Sauté, stirring constantly, 2 to 3 minutes.

7. Add dashi, soy sauce and salt to chicken mixture; heat to boiling. Reduce heat to medium-high; boil gently until vegetables are tender, about 5 minutes. Skim foam from soup if needed during cooking.

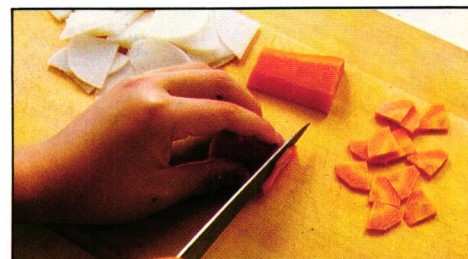
8. Stir mushrooms and tofu into soup; cook 2 minutes. Stir green onions into soup; remove from heat.

9. Ladle soup into soup bowls; serve immediately. Pass seven-spice or sansho powder.
Makes 4 servings

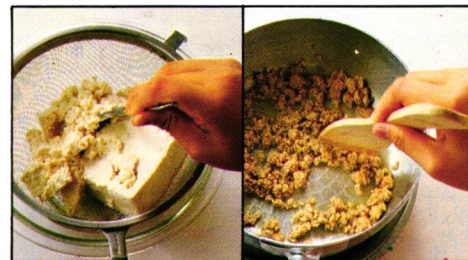


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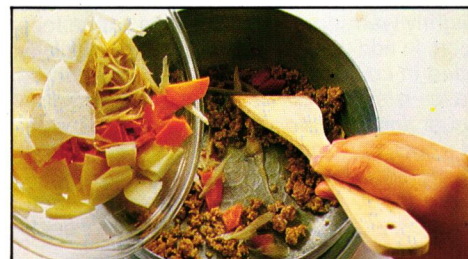


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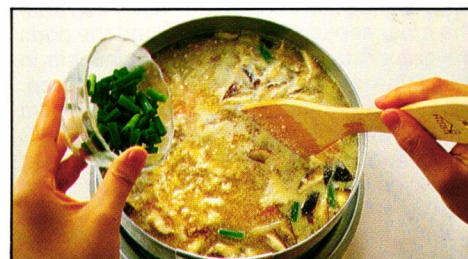


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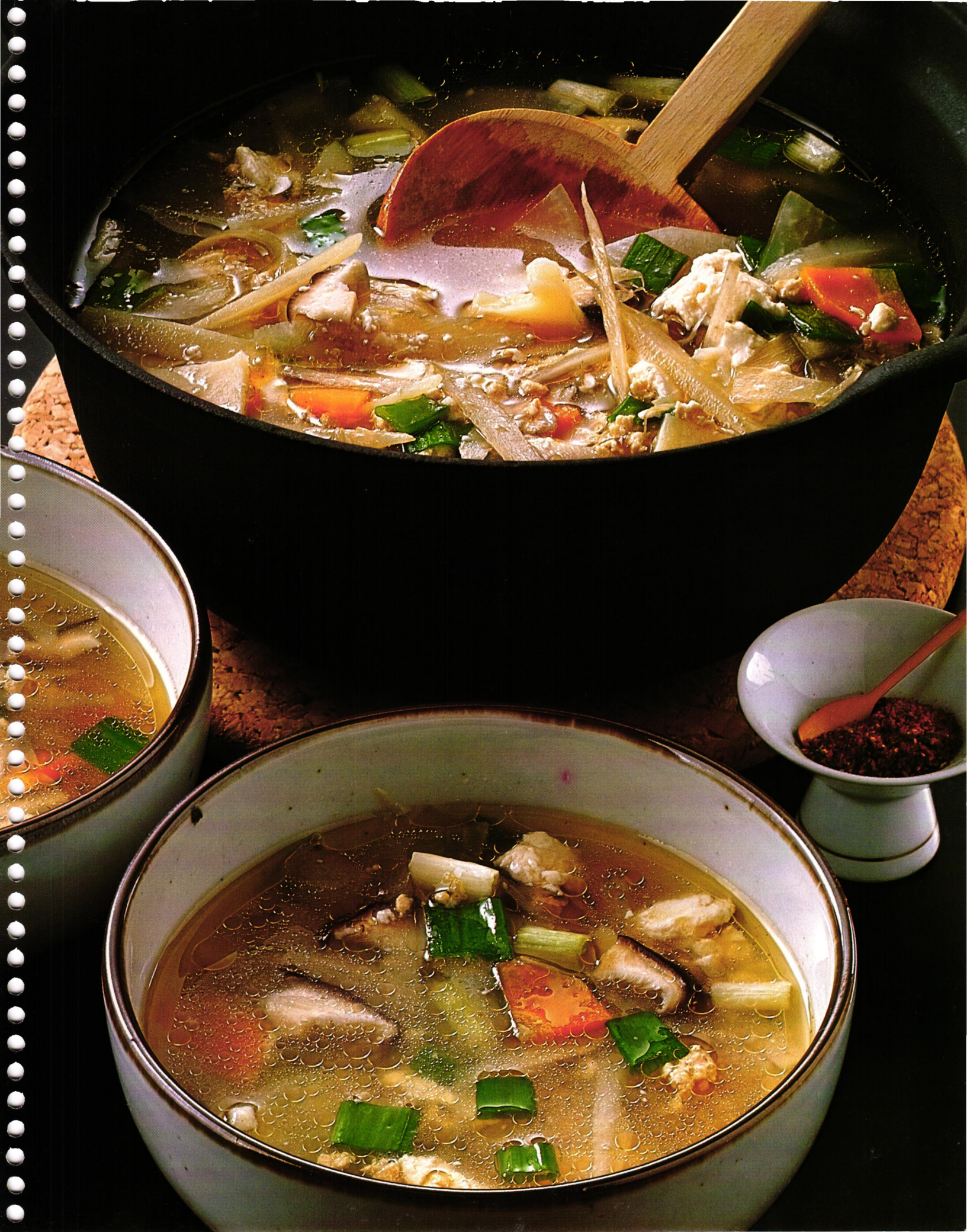
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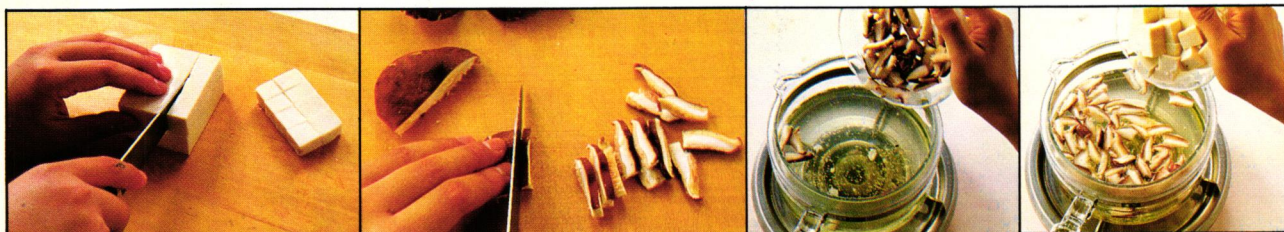


8



TOFU-MUSHROOM SOUP

TOFU SHIITAKE MISO-SHIRU



6 ounces (170 g) tofu
4 fresh medium Chinese black mushrooms
1 quart (1 L) dashi
¼ cup (60 mL) miso*

**If miso is quite salty, reduce amount to 3 tablespoons (45 mL).*

1. Cut tofu into ½-inch (1.3-cm) cubes; reserve.

2. Remove and discard stems from mushrooms. Cut each cap in half; cut halves crosswise into ⅛-inch (3-mm) thick slices.

3. Place dashi and mushrooms in 3-quart (3-L) saucepan. Heat to boiling over medium-high heat; boil 1 minute.

4. Add tofu to soup. Place miso in large soup ladle; slowly lower ladle into hot soup, stirring miso constantly with wooden spoon until dissolved. Stir dissolved miso into soup. Return soup to boiling; immediately remove from heat.

5. Ladle soup into 4 soup bowls; serve immediately.

Makes 4 servings

MISO SOUP WITH DAIKON

DAIKON MISO-SHIRU

6 green beans
4 ounces (115 g) daikon, pared
1 quart (1 L) dashi
¼ cup (60 mL) red miso*
1 teaspoon (5 mL) soy sauce

**If miso is quite salty, decrease amount to 3 tablespoons (45 mL) and/or omit soy sauce.*

1. Cut beans crosswise into 1-inch (2.5-cm) lengths. Cut daikon lengthwise into quarters; cut each quarter crosswise into ⅛-inch (2-mm) thick slices.

2. Place daikon and dashi in 3-quart (3-L) saucepan. Heat to boiling over medium-high heat; boil just until daikon begins to soften, about 2 minutes. Add beans; return to boiling. Boil 2 minutes longer.

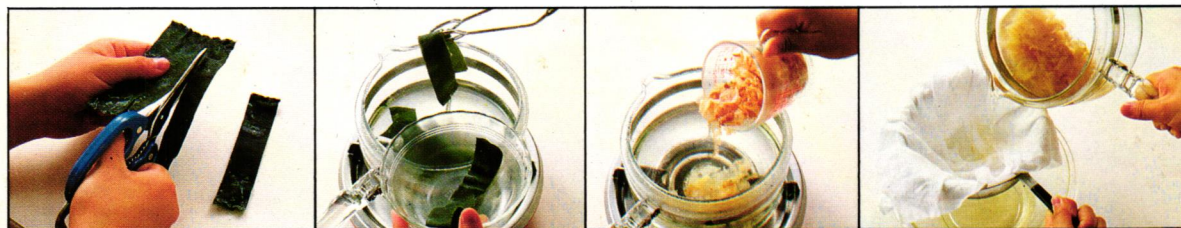
3. Place miso in large soup ladle; slowly lower ladle into hot soup, stirring miso constantly with wooden spoon until dissolved. Stir dissolved miso into soup. Stir in soy sauce. Return soup to boiling; immediately remove from heat.

4. Ladle soup into 4 soup bowls; serve immediately.

Makes 4 servings

DASHI

BONITO FISH STOCK



1 piece (4-inches or 10-cm square) dried kelp (konbu)
1 quart (1 L) water
¼ cup (60 mL) cold water
1 cup (250 mL) dried bonito flakes

1. Wipe kelp gently with damp cloth to remove any sand (but not the white powder) that may adhere to surface. Using scissors, cut kelp crosswise into 4 equal strips.

2. Place kelp and 1 quart (1 L) water in 2-quart

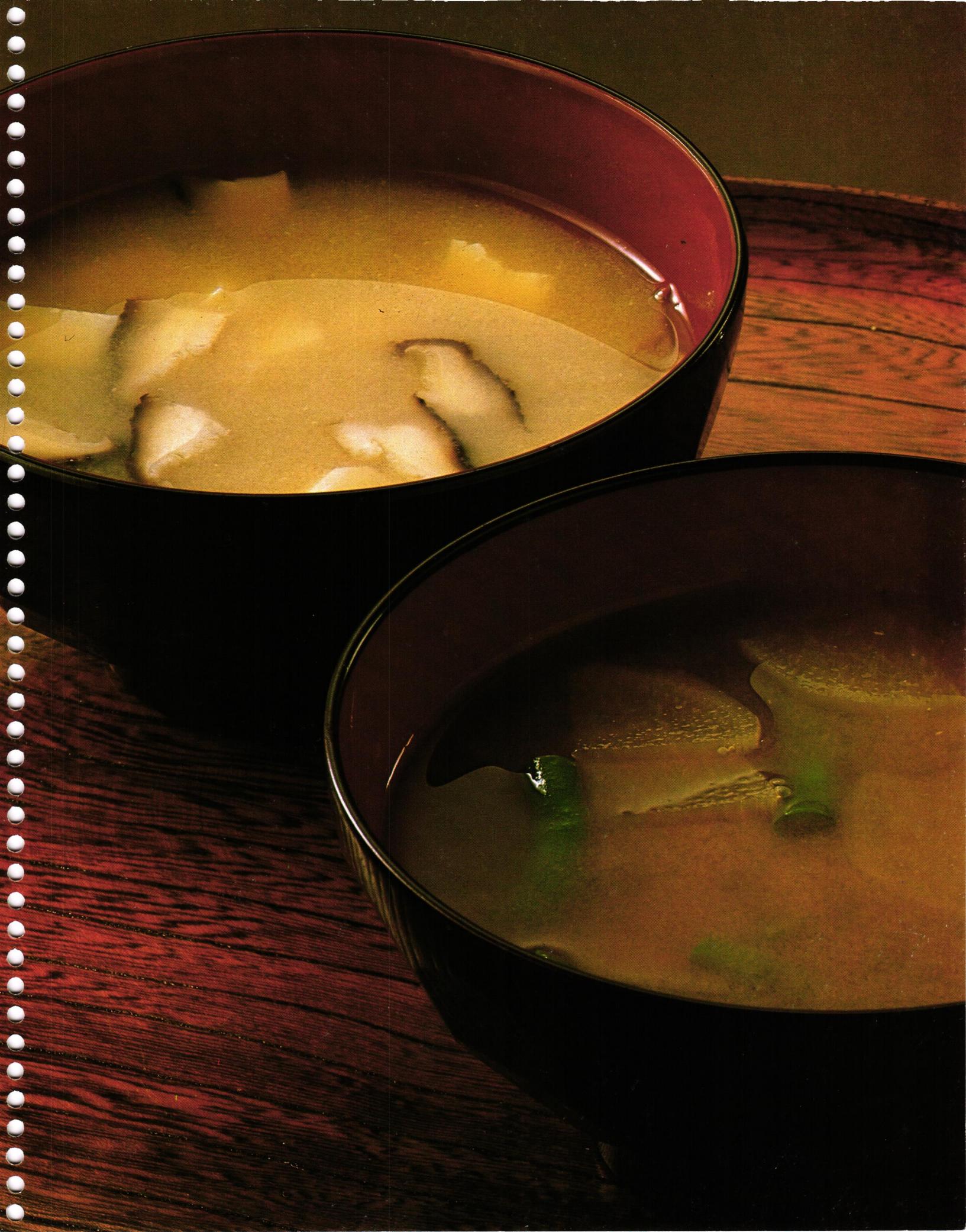
(2-L) saucepan. Heat to boiling over medium heat; just **before** water boils, remove and discard kelp.

3. Add ¼ cup (60 mL) cold water to pan to stop the boiling. Immediately add bonito flakes to pan. When stock reaches full boiling, remove from heat immediately.

4. Allow bonito flakes to settle to bottom of pan, about 1 minute. Strain stock through cheesecloth-lined sieve. Discard bonito flakes.

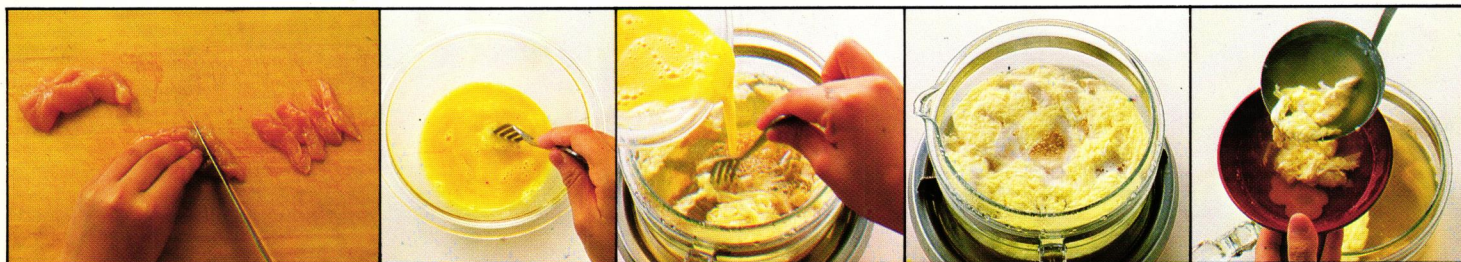
Makes 1 quart (1 L)

Note: Products are available for making "instant" dashi. Known generally as "dashi-nomoto," those most readily available fall into two categories: (1) seasoned dried bonito flakes in single-use packets or large infusion bags (that look like oversized teabags); and (2) dried granules in small packets or glass jars. The granules may be labelled "hon-dashi." Both types simply require the addition of boiling water, and both produce a very satisfactory substitute for freshly made dashi.



EGG DROP SOUP

KAKITAMA-JIRU



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3 ounces (85 g) skinned and boned chicken
 ½ teaspoon (2 mL) plus pinch salt
 1 teaspoon (5 mL) sake
 1 piece (1 inch or 2.5 cm) carrot, pared
 (about 1 ¼ inches or 3 cm in diameter)
 ¾ cup (180 mL) water
 2 eggs
 1 quart (1 L) dashi
 1 teaspoon (5 mL) light soy sauce

1. Cut chicken into ½ x ½ x 1½-inch (1.3 x 1.3 x 4-cm) oblong pieces. Combine pinch salt, the sake and chicken in small bowl; reserve.

2. Cut carrot crosswise into ⅛-inch (3-mm) thick slices; if desired, cut slices into decorative shapes using knife or vegetable cutter. Place water and ¼ teaspoon (1 mL) salt in 1-quart (1-L) saucepan. Heat to boiling over medium-high heat; add carrots. Cook 2 minutes; drain.

3. Mix eggs well with fork; do not beat.

4. Place dashi in 3-quart (3-L) saucepan; heat to boiling over medium-high heat. Add remaining ¼ teaspoon (1 mL) salt, the soy sauce and chicken. Reduce heat to medium; boil soup 2 minutes.

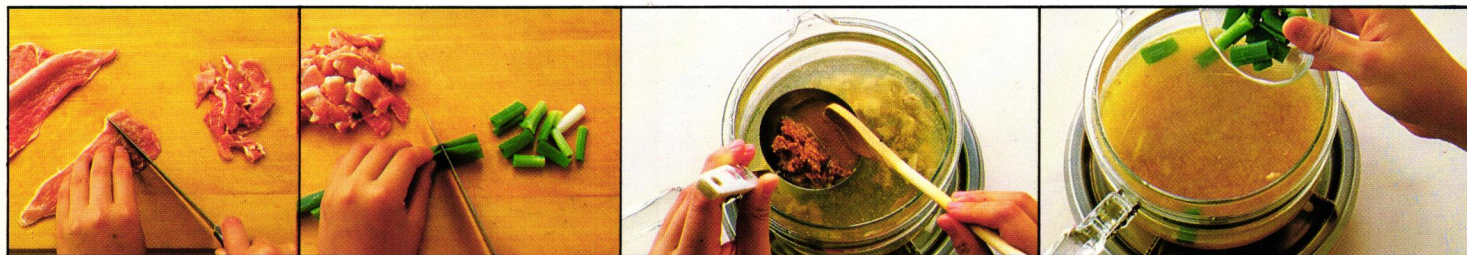
5. Slowly pour about ⅓ of egg mixture at a time into boiling soup, stirring constantly. Soup must return to boiling before each addition of egg. Turn off heat immediately after last egg "threads" form.

6. Place 2 carrot slices into each of 4 soup bowls. Ladle about 1 cup (250 mL) soup over carrots in each bowl.

Makes 4 servings

PORK & MISO SOUP

BUTANIKU MISO-SHIRU



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4 ounces (115 g) boneless lean pork,
 thinly sliced
 2 to 3 large green onions
 1 quart (1 L) dashi
 ¼ cup (60 mL) miso*
 2 teaspoons (10 mL) fresh ginger juice

**If miso is quite salty, decrease amount to 3 tablespoons (45 mL).*

1. Cut pork slices crosswise into ½-inch (1.3-cm) wide strips.

2. Cut green onions crosswise into ½-inch (1.3-cm) lengths.

3. Heat dashi to boiling in 3-quart (3-L) saucepan over medium-high heat. Add pork; cook 2 minutes.

4. Place miso in large soup ladle; slowly lower ladle into hot soup, stirring miso constantly with wooden spoon until dissolved. Stir dissolved miso into soup.

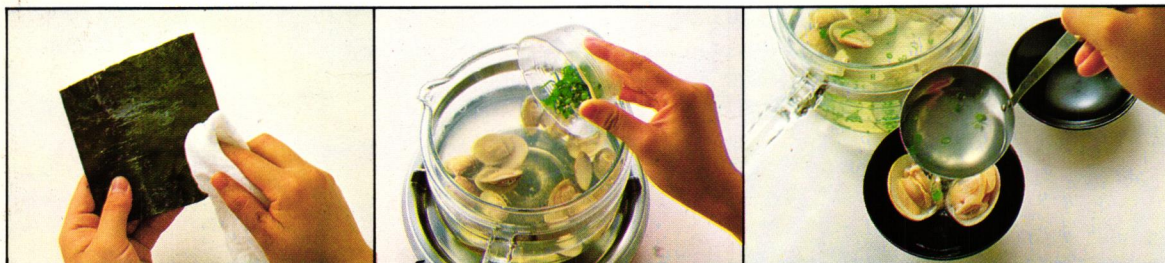
5. Add onions to soup. Return to boiling; immediately remove from heat. Ladle soup into 4 soup bowls. Stir ½ teaspoon (2 mL) ginger juice into each serving; serve immediately.

Makes 4 servings



CLAM SOUP

HAMAGURI USHIO-JIRU



4 to 5 large or 8 to 10 medium hard-shell clams

2 quarts (2 L) water

4½ teaspoons (22 mL) salt

1 piece (4-inches or 10-cm square) dried kelp (konbu)

2 green onions

1 piece (1-inch or 2.5-cm square) lemon rind

1 teaspoon (5 mL) sake

½ teaspoon (2 mL) soy sauce

1. Scrub clams under cold running water. Soak clams in 1 quart (1 L) water and 4 teaspoons (20 mL) salt in medium bowl 15 to 20 minutes.

2. Meanwhile, wipe kelp gently with damp cloth to remove any sand (but not the white powder) that may adhere to surface. Using scissors, cut kelp crosswise into 4 equal strips.

3. Cut green onions crosswise into very thin slices. Cut lemon rind into ⅛-inch (2-mm) wide strips.

4. Remove clams from salt water; rinse under cold running water. Place clams, kelp and remaining 1 quart (1 L) water in 2-quart (2-L) saucepan; heat to boiling over medium-high heat. Just **before** water boils, remove and discard kelp pieces.

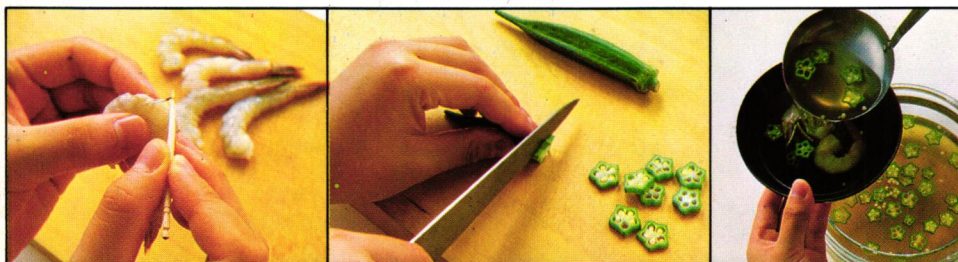
5. Skim foam from surface of soup. Add sake, soy sauce and remaining ½ teaspoon (2 mL) salt to soup. Reduce heat to medium. Boil gently until clams open, about 5 minutes. Stir green onions into soup; remove from heat. (Discard any clams that do not open.) Skim foam from surface.

6. Place 1 clam in each of 4 soup bowls. (If using medium clams, remove meat from a second clam and place meat in empty half-shell of first clam in soup bowl.) Ladle about 1 cup (250 mL) soup over clam in each bowl. Sprinkle lemon strips over each serving.

Makes 4 servings

CLEAR SOUP WITH SHRIMP

EBI SUMASHI-JIRU



4 large or 8 medium shrimp, in shells

2 pods okra

1 piece (1-inch or 2.5-cm square) lemon rind

2 cups (500 mL) water

1¼ teaspoons (6 mL) salt

1 quart (1 L) dashi

1 teaspoon (5 mL) light soy sauce

1. Shell each shrimp, leaving tail and section of shell nearest tail attached. Remove vein from each shrimp by inserting wooden pick under vein and lifting up gently.

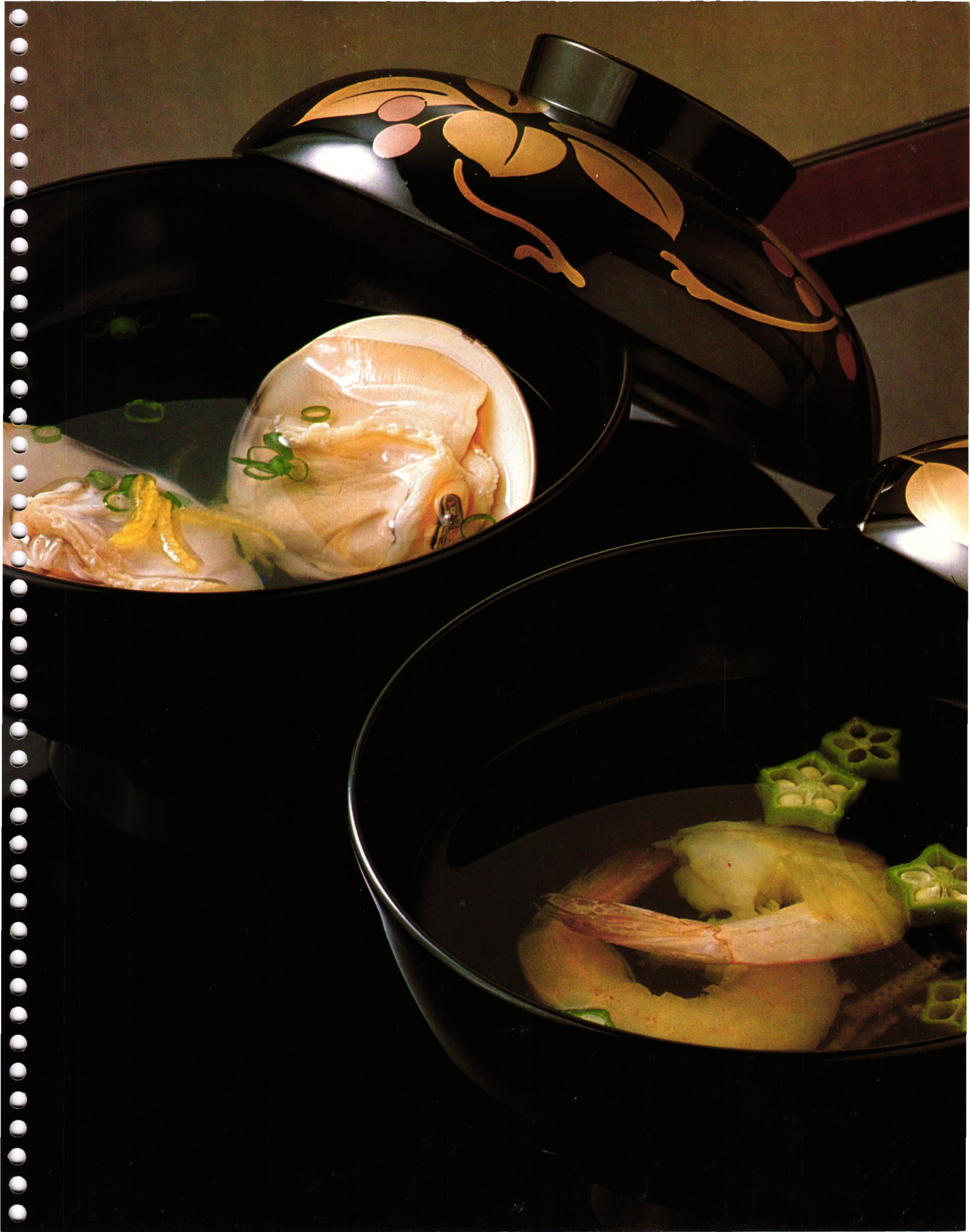
2. Cut okra crosswise into ⅛-inch (3-mm) thick slices. Cut lemon rind into ⅛-inch (2-mm) wide strips.

3. Combine water and ¼ teaspoon (1 mL) salt in 1½-quart (1.5-L) saucepan; heat until water simmers. Add shrimp; reduce heat to low. Simmer until shrimp are opaque and cooked through, about 3 minutes. Drain shrimp.

4. Combine dashi and remaining 1 teaspoon (5 mL) salt in 1½-quart (1.5-L) saucepan; heat to boiling over medium-high heat, stirring until salt dissolves. Add soy sauce and okra to dashi; remove from heat.

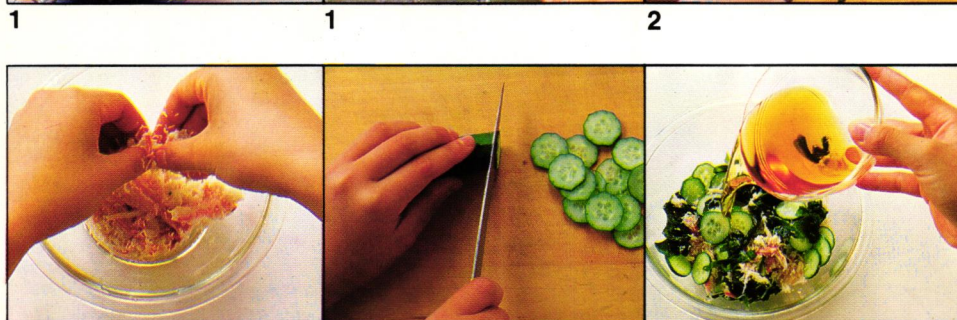
5. Place 1 large or 2 medium shrimp in each of 4 soup bowls; ladle about 1 cup (250 mL) soup over shrimp in each bowl. Sprinkle lemon strips over each serving.

Makes 4 servings



C

RAB-CUCUMBER SALAD

KANI KYURI
WASABIZU

- ¼ ounce (7 g) dried wakame**
- 1½ quarts (1.5 L) water**
- 5 tablespoons (75 mL) plus 1 teaspoon (5 mL) rice vinegar**
- 1 tablespoon (15 mL) sugar**
- ½ teaspoon (2 mL) soy sauce**
- ¼ teaspoon (1 mL) salt**
- ¼ teaspoon (1 mL) wasabi paste, if desired**
- 6 to 8 ounces (170 to 225 g) cooked crab meat, well drained**
- 1 small, thin cucumber, preferably unwaxed (3 to 4 ounces or 85 to 115 g)**
- 4 leaves green or red leaf-lettuce**

1. Place wakame and 3 cups (750 mL) water in large bowl; let stand 20 minutes. Drain wakame. Heat remaining 3 cups (750 mL) water to simmering in 2-quart (2-L) saucepan over medium-high heat. Add wakame; simmer 30 seconds. Rinse under cold running water; drain well.

2. Cut away and discard any hard veins in wakame. Cut wakame strips into 1-inch (2.5-cm) lengths.

3. Mix 5 tablespoons (75 mL) rice vinegar, the sugar, soy sauce, salt and wasabi in small bowl; stir to dissolve sugar. Reserve dressing.

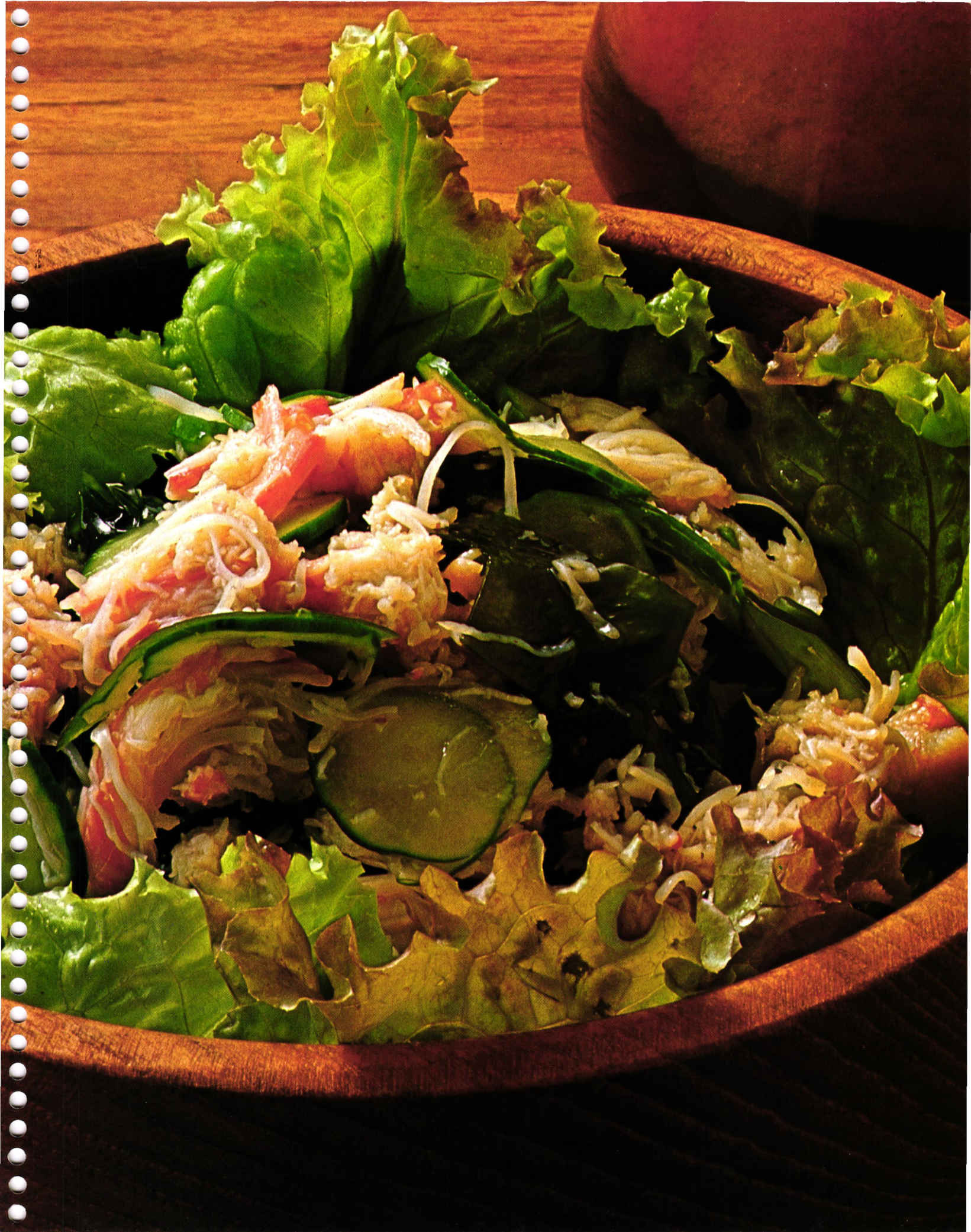
4. Place crab meat in medium bowl; break into coarse shreds, removing any bits of shell or cartilage. Sprinkle with remaining 1 teaspoon (5 mL) rice vinegar; toss lightly.

5. Cut cucumber crosswise into ¼-inch (2-mm) thick slices.

6. Add wakame and cucumber to crab meat; add dressing and toss lightly until thoroughly mixed. Line medium serving bowl or 4 individual bowls with lettuce. Spoon crabmeat mixture over lettuce.

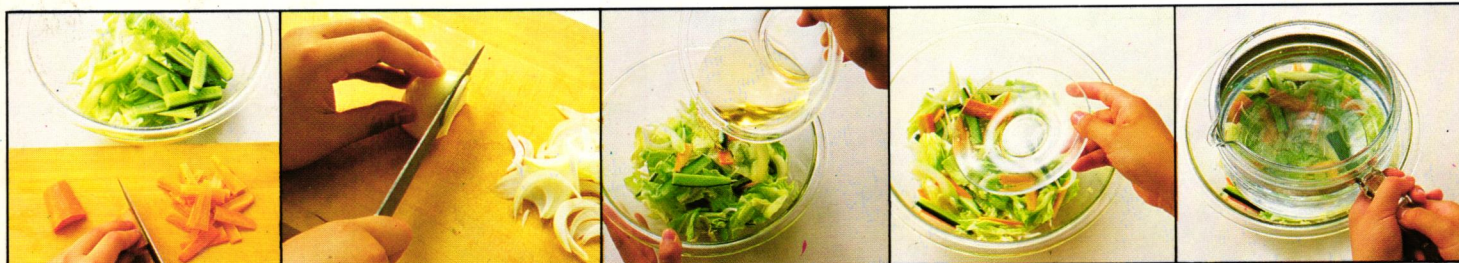
Makes 4 servings





PICKLED VEGETABLES

YASAI SOKUSEKI-ZUKE



- ½ cup (125 mL) rice vinegar**
2 teaspoons (10 mL) salt
1 tablespoon (15 mL) sake
1 tablespoon (15 mL) mirin
¼ cup (60 mL) water
2 large leaves Chinese cabbage
1 thin cucumber, preferably unwaxed
 (about 6 ounces or 170 g)
1 large carrot, pared
1 large stalk celery
1 small yellow onion
1-inch (2.5-cm) cube pared, fresh ginger root

Note: Pickled vegetables may be prepared up to 3 or 4 days in advance of serving. After marinating at room temperature, remove weight, cover and refrigerate.

1. Combine rice vinegar, salt, sake, mirin and water in small bowl. Stir to dissolve salt. Reserve pickling mixture.

2. Cut cabbage into 1-inch (2.5-cm) squares. Cut cucumber lengthwise in half; cut halves lengthwise into ½-inch (1.3-cm) wide strips. Cut strips crosswise into 1½-inch (4-cm) lengths.

3. Cut carrot lengthwise in half; cut halves crosswise into 1½-inch (4-cm) lengths. Cut pieces lengthwise into ⅛-inch (2-mm) thick slices.

4. Cut celery lengthwise into 1½-inch (4-cm) lengths; cut pieces lengthwise into ¼-inch (6-mm) wide strips.

5. Cut onion lengthwise in half; cut halves lengthwise into ⅛-inch (3-mm) thick slices. Cut ginger into ⅛-inch (2-mm) thick slices; stack slices and cut into ⅛-inch (2-mm) wide strips.

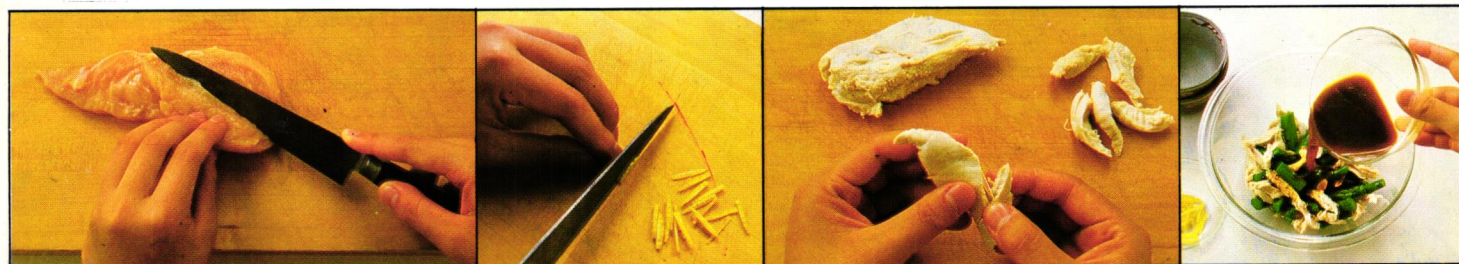
6. Combine cabbage, cucumber, celery, carrot, onion and ginger in large noncorrosive bowl, such as glass or ceramic. Pour pickling mixture over vegetables. Place flat glass or ceramic plate, slightly smaller than diameter of bowl, on top of vegetables.

7. Place 2-pound (900-g) weight (such as noncorrosive saucepan partially filled with water) on top of plate. Reserve at room temperature 8 to 10 hours. Drain and serve.

Makes 4 servings

CHICKEN-ASPARAGUS SALAD

TORI KARASHI-AE



- 4 ounces (115 g) skinned and boned chicken breast**
1 tablespoon (15 mL) plus 1 teaspoon (5 mL) sake
¾ teaspoon (4 mL) salt
3 cups (750 mL) water
6 medium stalks asparagus
1 piece (1-inch or 2.5-cm square) lemon rind
3 tablespoons (45 mL) soy sauce
½ teaspoon (2 mL) prepared Japanese mustard

1. Cut chicken horizontally into ½-inch (1.3-cm) thick pieces. Place chicken in small

saucepan; sprinkle with 1 teaspoon (5 mL) sake and ½ teaspoon (2 mL) salt. Let stand 10 minutes.

2. Add 1 cup (250 mL) water to chicken; heat to-boiling over high heat. Reduce heat to low; simmer until chicken is cooked through, 2 to 3 minutes. Drain chicken, reserving 1 tablespoon (15 mL) of the cooking liquid. Cool completely.

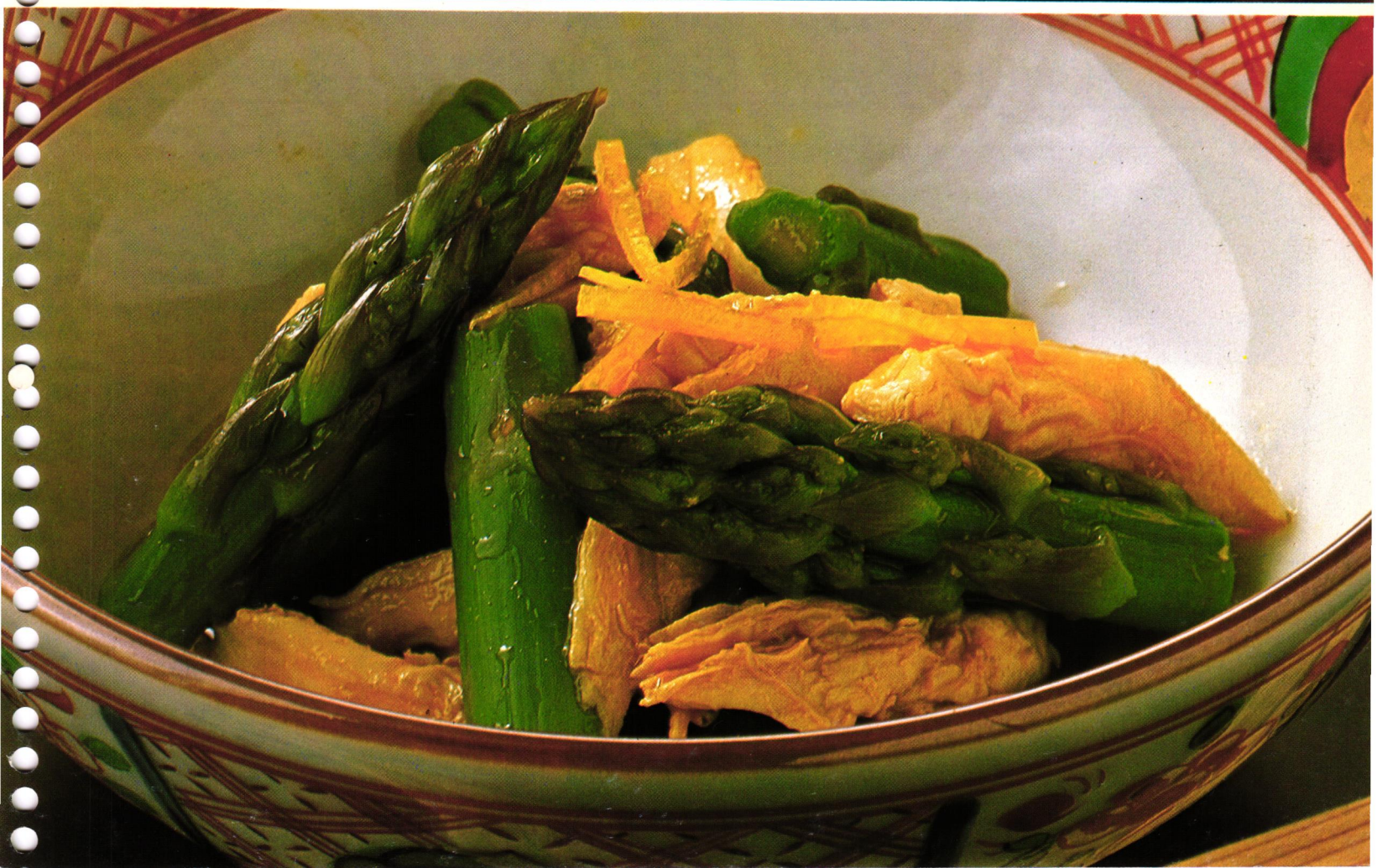
3. Cut asparagus stalks into 1-inch (2.5-cm) lengths. Heat remaining 2 cups (500 mL) water and ¼ teaspoon (1 mL) salt to boiling in medium saucepan; add asparagus.

Reduce heat to medium; cook until asparagus is crisp-tender, 3 to 5 minutes. Drain asparagus; cool completely.

4. Cut lemon rind into ⅛-inch (2-mm) wide strips; reserve. Break chicken into ½ x 1-inch (1.3 x 2.5-cm) strips. Combine chicken and asparagus in medium bowl.

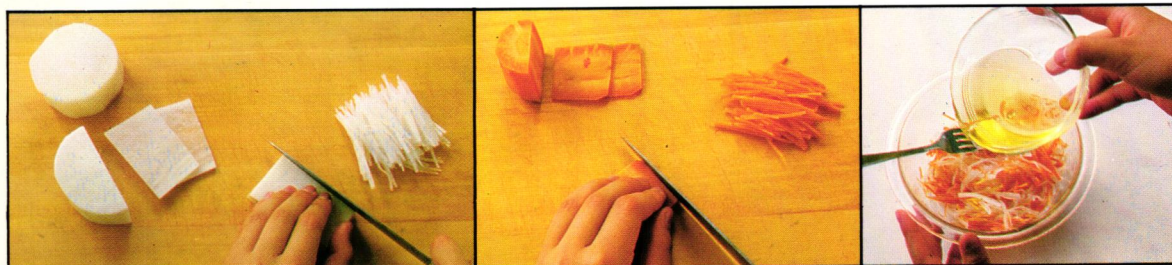
5. Place reserved cooking liquid, remaining 1 tablespoon (15 mL) sake, the soy sauce and mustard in small bowl; mix well. Pour mixture over chicken and asparagus; toss lightly to coat. Divide mixture evenly in 4 small bowls, if desired. Sprinkle with lemon strips.

Makes 4 servings



NAMASU

DAIKON & CARROT IN VINEGAR DRESSING



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8 ounces daikon, pared
 1 large carrot, pared (about 3 ounces or 85 g)
 1½ teaspoons (7 mL) salt
 1 piece (1-inch or 2.5-cm square) lemon rind
 ½ cup (125 mL) rice vinegar
 2 tablespoons (30 mL) sugar
 1 tablespoon (15 mL) lemon juice

1. Cut daikon crosswise into 1½-inch (4-cm) wide pieces. Cut each piece lengthwise into ⅛-inch (2-mm) thick slices; stack slices and cut into ⅛-inch (2-mm) wide julienne strips.

2. Cut carrot into julienne strips according to directions in Step 1.

3. Place daikon and carrot in colander; sprinkle with 1 teaspoon (5 mL) salt. Let stand 5 minutes. Rinse daikon and carrot under cold running water to remove salt; drain well. Squeeze out all excess liquid. Place in medium bowl.

4. Cut lemon into ⅛-inch (2-mm) wide strips; add to daikon mixture.

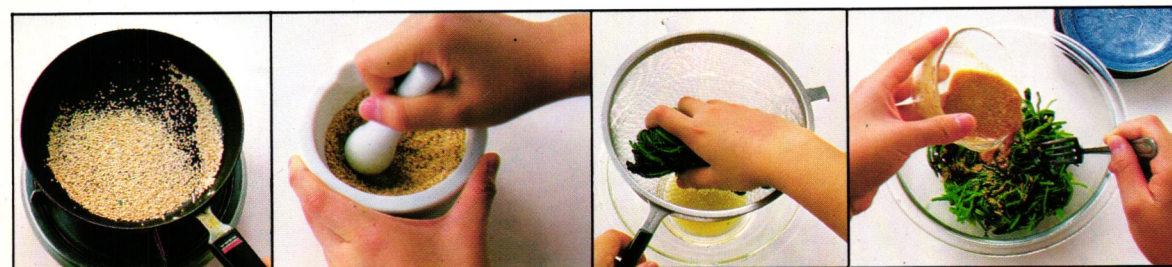
5. Combine rice vinegar, sugar, lemon juice and remaining ½ teaspoon (2 mL) salt in small bowl; mix well. Add to daikon mixture; mix well. Let stand 1 hour, stirring occasionally. Drain slightly just before serving.

Makes 4 servings

Note: This dish may be prepared up to 2 days in advance of serving. Refrigerate, covered, stirring occasionally.

SPINACH WITH SESAME SEED DRESSING

HORENISO GOMA-AE



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2½ tablespoons (37 mL) white sesame seeds
 ½ teaspoon (2 mL) sugar
 1½ tablespoons (22 mL) soy sauce
 2 tablespoons (30 mL) dashi
 1 quart (1 L) water
 ¼ teaspoon (1 mL) salt
 12 ounces (340 g) spinach

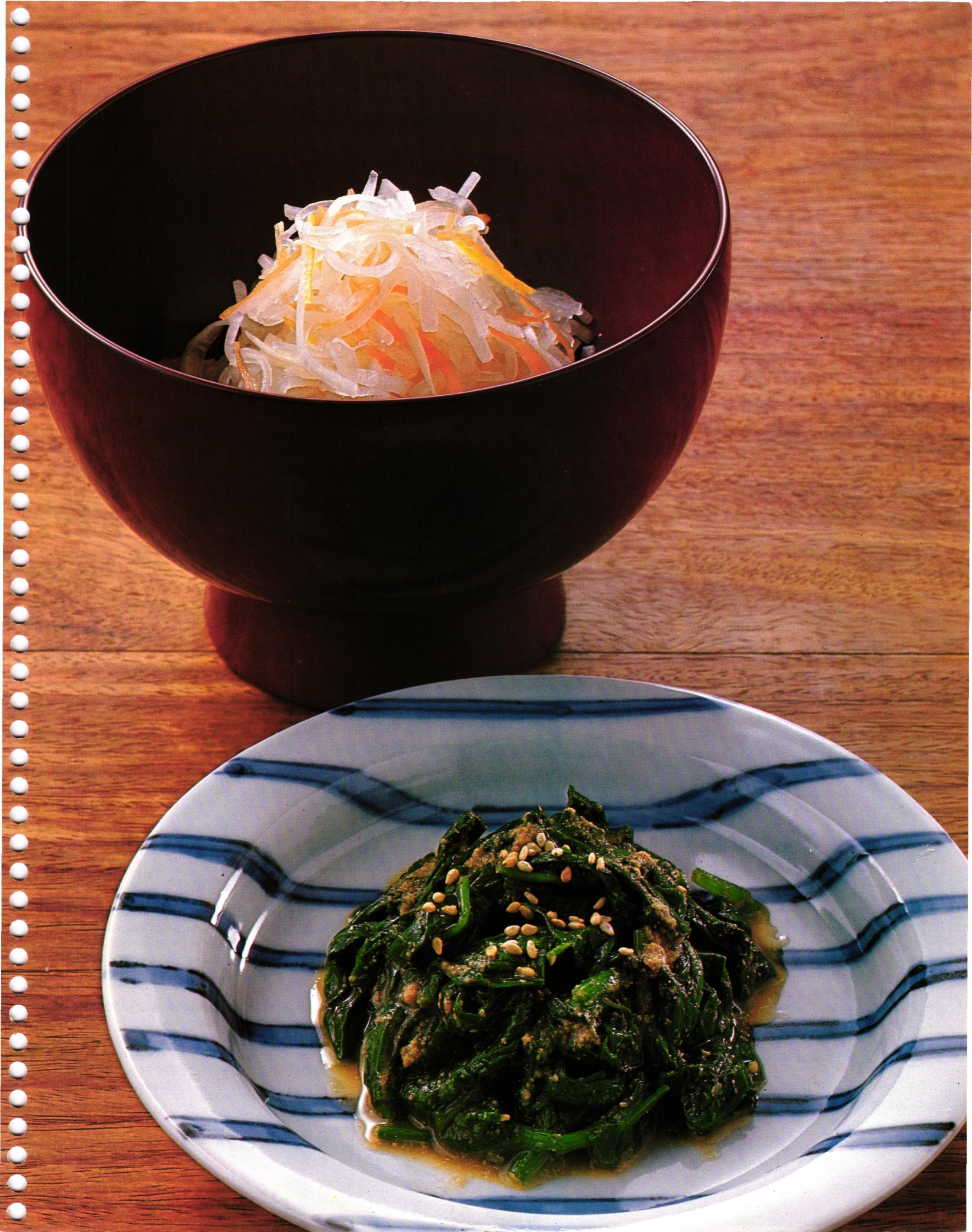
1. Heat sesame seeds in small skillet over medium-high heat, stirring or shaking pan constantly, until seeds are light brown and first popping sound occurs, about 2 minutes.

2. Reserve 1 teaspoon (5 mL) whole sesame seeds. Grind remaining seeds with mortar and pestle or in grinder until smooth. Combine ground seeds, sugar, soy sauce and dashi in small bowl; mix well. Reserve dressing.

3. Heat 1 quart (1 L) water and the salt to boiling in 2-quart (2-L) saucepan; add spinach. Reduce heat to medium; simmer until spinach is tender, 2 to 3 minutes. Drain spinach. Rinse under cold running water; drain. Squeeze spinach to remove excess moisture. Cut into 1-inch (2.5-cm) pieces.

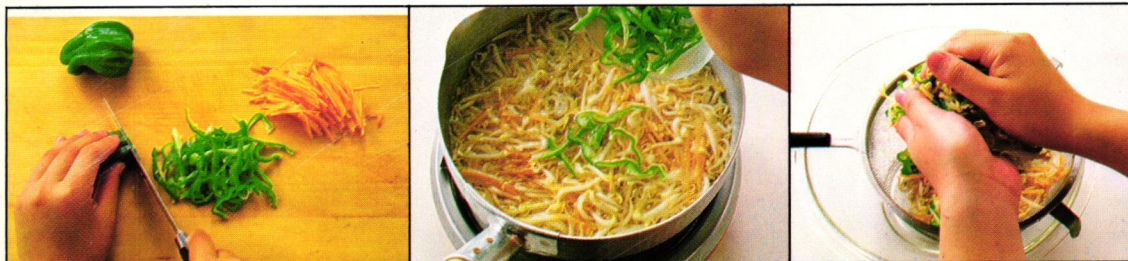
4. Combine spinach and dressing in medium bowl; toss lightly until thoroughly mixed. Spoon onto serving plate or divide evenly in 4 small bowls; sprinkle with reserved whole sesame seeds.

Makes 4 servings



BEAN SPROUT & PEPPER SALAD

MOYASHI SUJOYU-AE



3 tablespoons (45 mL) soy sauce
 2 tablespoons (30 mL) rice vinegar
 1 tablespoon (15 mL) vegetable oil
 1½ teaspoons (7 mL) sesame oil
 8 ounces (225 g) bean sprouts
 2 medium carrots, pared
 3 small green bell peppers
 3 cups (750 mL) water
 ¼ teaspoon (1 mL) salt

1. Mix soy sauce, vinegar, and vegetable and sesame oils in small bowl; reserve dressing.

2. Rinse bean sprouts in colander under cold running water; drain.

3. Cut carrots crosswise into 1-inch (2.5-cm) lengths; cut lengthwise into ¼-inch (2-mm) thick slices. Stack carrot slices and cut lengthwise into ⅛-inch (3-mm) wide strips. Cut green peppers lengthwise into quarters; cut quarters crosswise into ⅛-inch (3-mm) wide strips.

4. Heat water and salt to boiling in 3-quart (3-L) saucepan over medium-high heat; add carrots and cook 1 minute. Add bean sprouts and green peppers; heat to boiling. Remove from heat.

5. Drain vegetables; cool completely. Squeeze slightly to remove excess water.

6. Place vegetables in medium bowl. Just before serving, add dressing; toss lightly until thoroughly mixed. Divide mixture in 4 small bowls, if desired.

Makes 4 servings

VINEGARED BEAN SPROUT SALAD

MOYASHI SANBAIZU



2 teaspoons (10 mL) white sesame seeds
 3 tablespoons (45 mL) rice vinegar
 1½ tablespoons (22 mL) soy sauce
 1½ teaspoons (7 mL) sugar
 8 ounces (225 g) bean sprouts
 3 cups (750 mL) water
 ¼ teaspoon (1 mL) salt
 2 ounces (60 g) cooked ham
 1 small, thin cucumber (about 3 ounces or 85 g)
 ½-inch (1.3-cm) cube pared, fresh ginger root

1. Heat sesame seeds in small skillet over medium-high heat, stirring or shaking pan constantly, until seeds are light brown and first popping sound occurs, about 2 minutes. Reserve.

2. Mix vinegar, soy sauce and sugar in small bowl; stir until sugar dissolves. Reserve dressing.

3. Rinse bean sprouts under cold running water; drain. Heat water and salt to boiling in 2-quart (2-L) saucepan over medium-high heat; add sprouts and cook 1 minute. Drain sprouts; cool completely. Squeeze sprouts slightly to remove excess water.

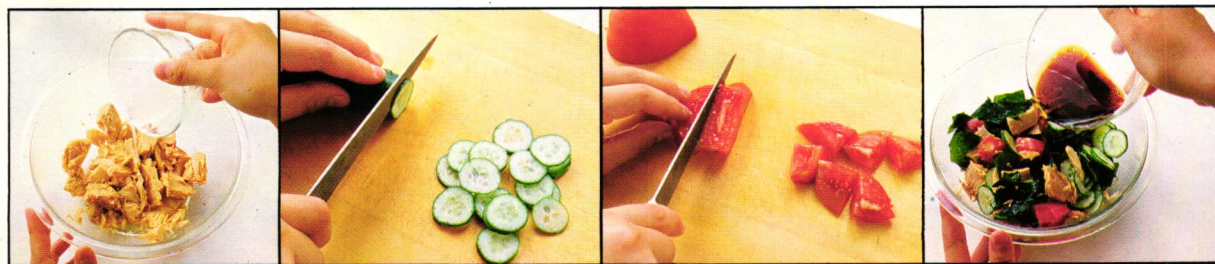
4. Cut ham in ⅛-inch (3-mm) thick slices; cut slices into ⅛ x 1½-inch (3-mm x 4-cm) strips. Cut cucumber diagonally into ⅛-inch (3-mm) thick slices; stack slices and cut into ⅛-inch (3-mm) wide strips. Mince ginger.

5. Combine sprouts, ham, cucumber and ginger in medium bowl. Just before serving, add dressing; toss lightly until thoroughly mixed. Divide mixture in 4 small bowls, if desired. Sprinkle with toasted sesame seeds.

Makes 4 servings



WAKAME & TUNA WITH SOY DRESSING

WAKAME
SUJOYU-AE

- 1/3 ounce (10 g) dried wakame**
1 1/2 quarts (1.5 L) water
3 tablespoons (45 mL) rice vinegar
2 tablespoons (30 mL) soy sauce
1 teaspoon (5 mL) sugar
1 1/2 teaspoons (7 mL) sesame oil
10 to 12 ounces (285 to 340 g) canned, water-packed tuna, well drained
1 1/2 teaspoons (7 mL) lemon juice
1 small, thin cucumber, preferably unwaxed (3 to 4 ounces or 85 to 115 g)
1 large tomato

1. Place wakame and 3 cups (750 mL) water in large bowl; let stand 20 minutes. Drain wakame. Heat remaining 3 cups (750 mL) water to simmering in 2-quart (2-L) saucepan over medium-high heat. Add wakame; simmer 30 seconds. Rinse under cold running water; drain well.

2. Lay wakame out flat on work surface; cut away and discard any hard veins. Cut wakame strips into 1-inch (2.5-cm) lengths.

3. Mix vinegar, soy sauce, sugar and oil in small bowl; stir to dissolve sugar. Reserve dressing.

4. Place tuna in medium bowl; break up with fork into bite-sized pieces. Sprinkle with lemon juice.

5. Cut cucumber crosswise into 1/16-inch (2-mm) thick slices. Cut tomato into 3/4-inch (2-cm) cubes.

6. Add wakame, cucumber and tomato to tuna; add dressing and toss lightly until thoroughly mixed. Transfer to medium serving bowl or to 4 individual bowls, dividing evenly.

Makes 4 servings

CLAM SALAD WITH MISO DRESSING

ASARI NUTA



- 2 tablespoons (30 mL) rice vinegar**
1 tablespoon (15 mL) plus 1/2 teaspoon (2 mL) sake
1 tablespoon (15 mL) white miso
2 teaspoons (10 mL) sugar
1/2 teaspoon (2 mL) light soy sauce
4 ounces (115 g) fresh, shucked, very small clams
3 cups (750 mL) water
6 green onions
1/4 teaspoon (1 mL) salt

1. Mix vinegar, 1 tablespoon (15 mL) sake, the miso, sugar and soy sauce in small bowl; stir to dissolve sugar. Reserve dressing.

2. Place clams, 1 cup (250 mL) water and remaining 1/2 teaspoon (2 mL) sake in 2-quart (2-L) saucepan; heat to boiling over medium-high heat. Reduce heat to medium; boil gently just until cooked through, about 1 minute. Drain; cool completely.*

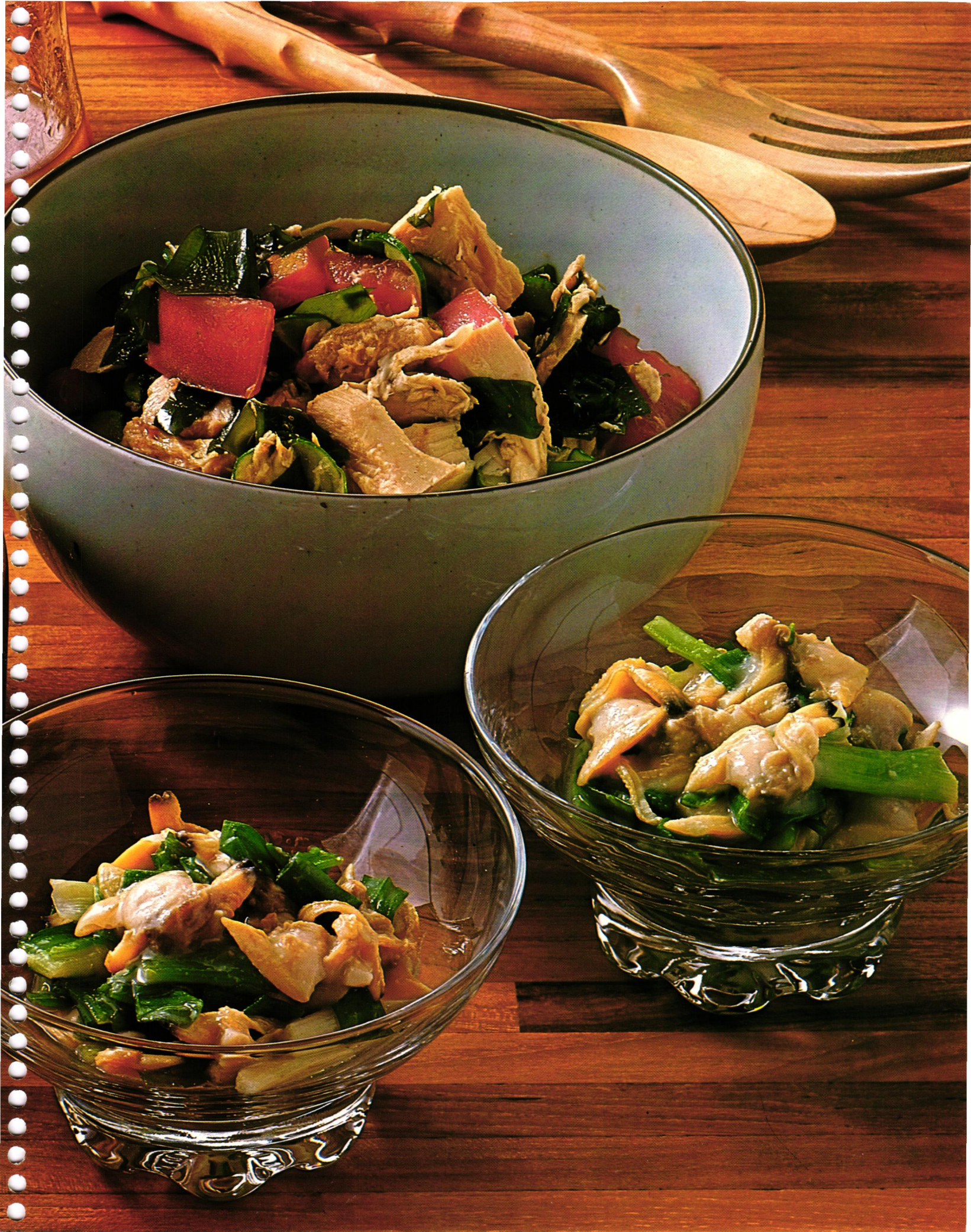
3. Cut green onions into 1-inch (2.5-cm) lengths. Heat remaining 2 cups (500 mL) water and the salt to boiling in 2-quart (2-L) saucepan over medium-high heat. Add white parts of onions and thicker green parts to

pan; boil 1 minute. Add green tops of onions; boil 1 minute longer. Drain; cool completely.

4. Combine clams and onions in medium bowl; add dressing. Toss lightly until thoroughly mixed. Transfer to medium serving bowl or to 4 individual bowls, dividing evenly.

Makes 4 servings

**If desired, clams may be used raw if very fresh. Place shucked clams in large sieve; immerse in large bowl containing 3 cups (750 mL) cold water and 2 teaspoons (10 mL) salt. Gently shake colander several times, allowing water to rinse clams; drain well.*



SASHIMI

SLICED RAW FISH

FISH AND SEAFOOD

The fish and seafood ingredients listed here and for the various Sushi recipes are really just examples and suggestions; they illustrate items commonly served in Japan. The most important factor when selecting fish and seafood to be served uncooked is the freshness of the ingredients; this is much more critical than what types are chosen. Stated very simply, if the fish and seafood are not extremely fresh, the Sashimi or Sushi will not be good. (For shellfish—both hard- and soft-shell—"extremely fresh" may very well mean "alive" at the time of purchase.) If, at a particular time, fresh ingredients are not available, don't prepare the recipe. A generally accepted exception to this guideline is the use of tuna that has been flash-frozen; although certainly not as good as fresh tuna, it is considered satisfactory. Flash-frozen squid has also been used with some success.

Our recommendation is to use whatever very fresh fish or seafood is available and in season. It is perfectly acceptable for Sashimi to consist only of shellfish—crab, lobster, shrimp, clams, oysters and the like—or even just one of these. The same is true for fish and other seafood. Just some readily available examples are: flounder, sole, halibut, porgy, snapper, sea bass, bonito, yellowtail, striped bass, smelt, herring and sea trout. (Some fish and seafood are precooked before using in Sashimi or Sushi. For example, shrimp, crab or lobster can be boiled briefly. Salmon is often smoked or salted. Octopus and eel are boiled. Some of these may also be marinated.)

For Sashimi and for Sushi where the fish and seafood are not covered by a wrapping when served (as in Nigiri-Zushi), only the best parts or cuts are normally used. For example, the body of a squid (and not the tentacles) and only prime fillets of a tuna are served.

CUTTING TECHNIQUES

Fish and seafood are cut into slices, strips and pieces for Sashimi and Sushi. Use a long, thin, very sharp knife for cutting raw fish. Make each cut in a single motion, bringing the knife through the fish from the knife's handle to its tip (do not saw back and forth). Handle the fish and slices as little as

possible; for example, use the knife blade to lift or move slices on the cutting board or to place on the serving plate, instead of using your hands. The thickness of the slices and strips is usually determined simply by the firmness of the fish; the firmer the fish, the thinner it can and should be sliced.

Common cutting techniques are as follows: (a) Holding knife at about 30° angle from fish, cut firm-fleshed fillet crosswise into slices from "paper-thin" to 1/8 inch (3 mm) thick. (b) Cut any fillet crosswise into 1/8- to 1/2-inch (3-mm to 1.3-cm) thick slices. Depending upon the thickness of the fillet, these slices can look like rectangular slices or like bars or strips. (c) Cut thick, soft-fleshed fish into 3/4-inch (2-cm) cubes by cutting fillet crosswise into 3/4-inch (2-cm) strips and then cutting strips into 3/4-inch (2-cm) pieces. (d) Cut very thin fillets diagonally or crosswise into strips 1/8 to 1/4 inch (2 to 6 mm) wide; stack the strips (called threads) into a mound. Strips should not exceed 2 or 2 1/2 inches (5 or 6.5 cm) in length.

GARNISHES, CONDIMENTS AND DIPPING SAUCE

Garnishes, condiments and dipping sauce are considered essential components of Sashimi. The list of possible garnishes (called tsuma) is extensive. Here is a sampling: various types of seaweed; shredded or very fine strips of daikon; carrot or cucumber strips, shreds or slices; various types of sprouts; shiso leaves (whole or cut into very fine strips), shiso flower stems or shiso sprouts; finely shredded Chinese cabbage; baby flowering cucumbers (with their yellow flowers attached); red radishes, sliced or cut decoratively; small sansho sprigs; watercress or basil leaves; shredded curly lettuce or other greens. (For crisp vegetables, such as daikon, carrot or red radish, soak shreds or slices in ice water until ready to use.)

Flavorful or spicy condiments commonly served are: wasabi; grated fresh ginger root; grated daikon mixed with a little ground red pepper; and thinly sliced or finely chopped green onion. Dipping sauce can be plain soy sauce, Ponzu Sauce or other flavored soy-sauce mixtures. The spicy condiments or a little sesame paste can be mixed with soy sauce for dipping. Pickled Ginger Slices (see Index) may also be served.

GARNISHES, CONDIMENT AND DIPPING SAUCE:

- 4 ounces (115 g) daikon, pared
- 1 cup (250 mL) ice water
- 2 to 4 green shiso leaves
- 2 ounces (60 g) radish sprouts
- 2 ounces (60 g) red and/or green seaweed
- 1 tablespoon (15 mL) wasabi powder
- Warm water
- 1/4 cup (60 mL) soy sauce or Ponzu Sauce (see Index)

1. Cut daikon lengthwise into 1/16-inch (2-mm) thick slices; cut slices lengthwise into 1/16-inch (2-mm) wide strips. Place daikon in ice water in small bowl. Rinse shiso leaves, radish sprouts and seaweed in cold water; pat dry with paper toweling. Just before using, drain daikon; pat dry with paper toweling.

2. Mix wasabi powder with just enough warm water to form thick paste; let stand, covered, about 10 minutes. Place 1 tablespoon (15 mL) soy sauce in each of 4 small bowls for dipping.

3. Trim off thinner sides of tuna and sea bream fillets to make final slices more rectangular, if desired. Using very sharp knife, cut tuna and sea bream crosswise into 3/8-inch (1-cm) thick slices. Cut abalone crosswise into 1/4-inch (6-mm) thick slices.

FISH AND SEAFOOD:

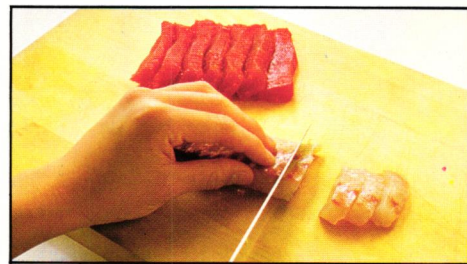
- 6 ounces (170 g) very fresh red or pink tuna fillet, skinned
- 6 ounces (170 g) very fresh sea bream fillet, skinned
- 1 very fresh abalone, shucked and cleaned
- 6 to 8 ounces (170 to 225 g) very fresh squid (use body only), skinned and cleaned, about 1/4 inch (6 mm) thick
- 1 piece (2x2 1/2 inches or 5x6.5 cm) toasted nori
- 4 very fresh medium ark shells or clams, shucked and cleaned

4. Lay single thickness of squid flat on cutting board. Cut 2 1/2 x 3-inch (6.5 x 8-cm) rectangle from squid; reserve. Cut remaining squid into 1/4-inch (6-mm) wide strips; cut strips into 1 1/2- to 2 1/2-inch (4- to 6.5-cm) lengths.

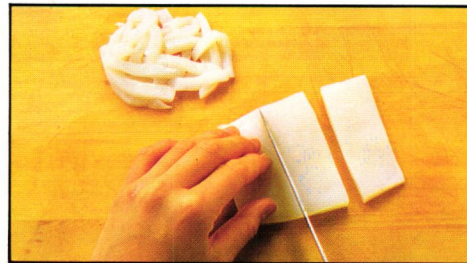
5. Using scissors, cut nori lengthwise in half to form 1-inch (2.5-cm) wide strips. Cut reserved squid crosswise into 1-inch (2.5-cm) wide strips. Layer the 3 strips squid and 2 strips nori alternately, beginning with squid. Cut stack crosswise into 3 or 4 equal slices.

6. Arrange all ingredients, except soy sauce, on serving platter. Serve immediately, with sauce for dipping.

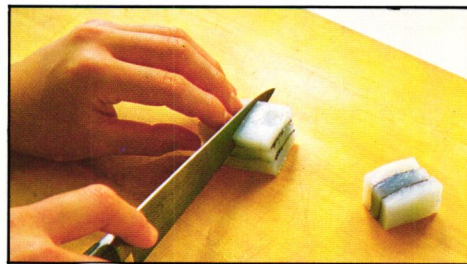
Makes 4 servings



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TEMAKI-ZUSHI

HAND-WRAPPED SUSHI

4 to 5 cups (1 L to 1250 mL) Sushi Rice
(see Index)

1 Rolled Omelet (see Index)

8 to 10 sheets (about 7x8 inches or
18x20 cm each) toasted nori

1 small, thin cucumber, preferably
unwaxed (about 3 ounces or 85 g)

8 medium shrimp, in shells

2 cups (500 mL) water

¼ teaspoon (1 mL) salt

4 ounces (115 g) very fresh, lean red
tuna fillet, skinned*

4 ounces (115 g) very fresh sea
bream fillet, skinned*

1½ tablespoons (22 mL) wasabi powder

Warm water

4 ounces (115 g) thinly sliced smoked
salmon

2 ounces (60 g) salmon roe

8 green shiso leaves

8 small leaves endive, if desired

4 to 8 small lime wedges

3 or 4 ounces (85 or 115 g) Pickled
Ginger Slices (recipe follows)

¼ cup (60 mL) soy sauce

**If unavailable, substitute other appropriate
very fresh fish or seafood. See recipe for
Sashimi (see Index) for discussion and sug-
gested alternatives.*

1. Prepare Sushi Rice and Rolled Omelet. Cut omelet into 3x½ x ½-inch (8x1.3x1.3-cm) pieces. Using scissors, cut each nori sheet into quarters by cutting lengthwise in half, and then crosswise in half. If desired, pare and seed cucumber. Cut cucumber into 3x½-inch (8x1.3-cm) wedges or bars.

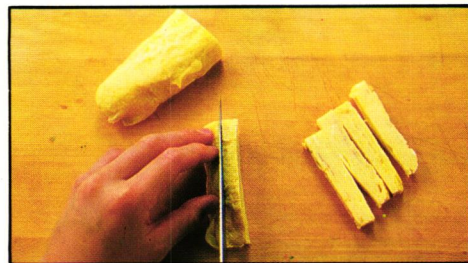
2. Remove shells and veins from shrimp, leaving tails attached. Insert wooden pick or metal skewer lengthwise into each shrimp from neck through tail; straighten shrimp as pick is inserted. Heat 2 cups (500 mL) water and the salt to boiling in 2-quart (2-L) saucepan over high heat; add shrimp. When water returns to boiling, reduce heat to medium; simmer until shrimp are just opaque and firm-tender, about 2 minutes. Rinse under cold running water; drain well and pat dry with paper toweling. Remove picks, twisting gently.

3. Cut tuna and sea bream into 3x½ x ½-inch (8x1.3x1.3-cm) pieces. Mix wasabi with just enough warm water to make thick paste; cover and let stand 10 minutes.

4. Arrange omelet pieces, cucumber, shrimp, salmon, tuna, sea bream, salmon roe, shiso, endive, lime wedges, Pickled Ginger Slices and wasabi on 1 or 2 serving platters. Arrange nori on serving plate; place Sushi Rice in serving bowl. For each person, place about 1½ teaspoons (7 mL) soy sauce in individual small bowls for dipping.

5. To serve, each person assembles and wraps individual sushi roll. Place nori sheet diagonally in left hand, with rough side facing up (shiny side becomes outside of sushi roll). Place 1 to 2 tablespoons (15 to 30 mL) Sushi Rice on nori; top with a few other ingredients of choice, adding a dab of wasabi or squeeze of lime juice as desired. Fold nori over from both sides and squeeze slightly to form cone-shaped roll; dip lightly in soy sauce. Pickled Ginger Slices are commonly used to refresh the palate between sushi rolls. Pass remaining soy sauce. (If desired, prepare some sushi rolls just before serving; place on serving platter.)

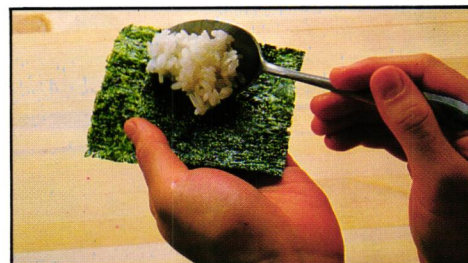
Makes 4 to 5 servings



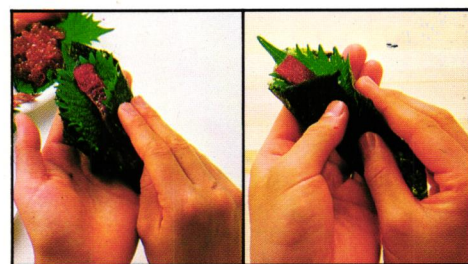
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PICKLED GINGER SLICES

GARI/SU-SHOGA

4 ounces (115 g) pared, fresh ginger
root

1 cup (250 mL) boiling water

½ cup (125 mL) rice vinegar

2 tablespoons (30 mL) sugar

½ teaspoon (2 mL) salt

Red food coloring, if desired

1. Cut ginger—crosswise or lengthwise, as desired—into ⅛-inch (2-mm) thick slices. Place ginger in small bowl; add boiling water. Let stand 30 seconds; drain well.

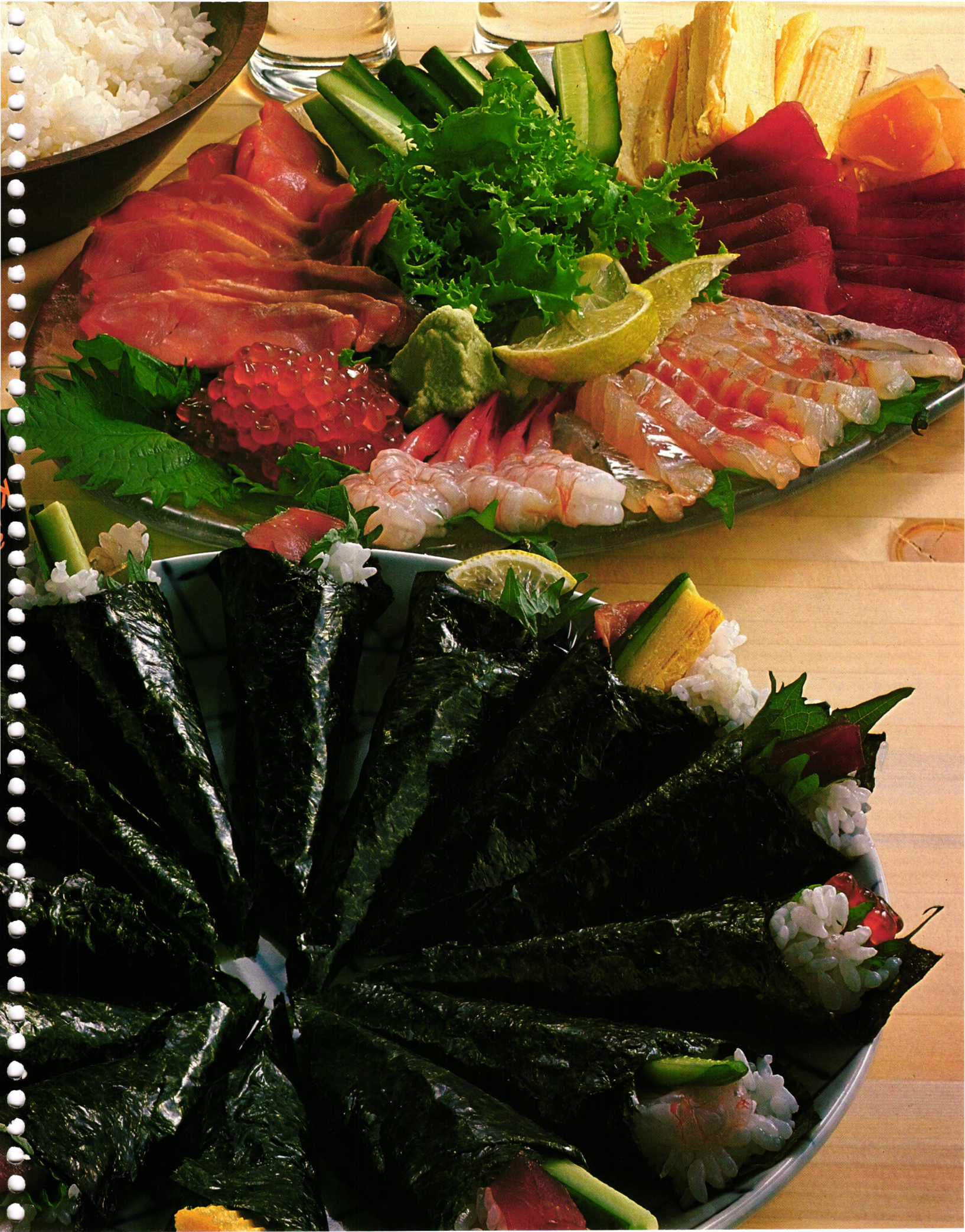
2. Place vinegar, sugar and salt in small crockery, glass or ceramic bowl; stir until

sugar is completely dissolved. Add ginger; stir to coat well.

3. Cover bowl; let ginger stand at room temperature at least 1 hour. Refrigerate, covered, until well chilled. (The color of the ginger becomes pinkish; for deeper color, add 1 drop red food coloring.) To serve, remove slices from pickling liquid.

Makes about ¾ cup (180 mL)

Note: Pickled Ginger Slices will keep for several weeks; refrigerate in pickling liquid, tightly covered.



CHIRASHI-ZUSHI

SCATTERED SUSHI

5 cups (1250 mL) Sushi Rice (see Index)
 1 ounce (30 g) kanpyo (dried gourd strips)
 1 teaspoon (5 mL) plus pinch salt
 5 cups (1250 mL) water
 1½ cups (375 mL) dashi
 3½ tablespoons (52 mL) plus 1
 teaspoon (5 mL) sugar
 3½ tablespoons (52 mL) soy sauce
 2 tablespoons (30 mL) mirin
 4 dried medium Chinese black
 mushrooms
 1½ cups (375 mL) hot water

2 pieces (about 3x6x¼ inches or
 8x15x0.6 cm each) deep-fried tofu
 3 cups (750 mL) boiling water
 1 large carrot, pared
 4 ounces (115 g) lotus root, pared
 1 teaspoon (5 mL) vinegar
 2 large eggs
 Vegetable oil
 1 to 2 ounces (30 to 60 g) snow peas
 ½ sheet toasted nori, about 3½x8
 inches (9x20 cm)
 1 ounce (30 g) Pickled Ginger Slices
 (see Index)

1. Prepare Sushi Rice.

2. Wash kanpyo; sprinkle with ½ teaspoon (2 mL) salt. Rub kanpyo between palms of hands to soften slightly; wash kanpyo to remove salt. Place in 2-quart (2-L) saucepan with 3 cups (750 mL) water. Heat to boiling over high heat; boil kanpyo just until softened, 10 to 15 minutes. Drain.

3. Place 1 cup (250 mL) dashi, 2 tablespoons (30 mL) sugar, 2 tablespoons (30 mL) soy sauce, 1 tablespoon (15 mL) mirin and the kanpyo in 2-quart (2-L) saucepan. Heat to boiling over high heat. Reduce heat to medium; simmer until kanpyo is tender and slightly translucent, about 20 minutes. (Most of cooking liquid will be absorbed.) Drain. Cut cooked kanpyo into ½-inch (1.3-cm) lengths.

4. Soak mushrooms in 1½ cups (375 mL) hot water in small bowl until tender, about 20 minutes. Remove mushrooms from bowl; squeeze slightly to extract water. Strain and reserve ½ cup (125 mL) of the soaking water. Remove and discard stems from mushrooms. Cut caps into ⅛-inch (2-mm) wide strips.

5. Place tofu in sieve; pour the boiling water slowly over tofu, turning to rinse both sides. Drain; pat dry with paper toweling. Cut each piece lengthwise in half; cut each half crosswise into ⅛-inch (2-mm) wide strips.

6. Cut carrot crosswise into 1-inch (2.5-cm) lengths; cut lengthwise into ⅛-inch (2-mm) thick slices. Stack slices and cut into ⅛-inch (2-mm) wide strips.

7. Cut lotus root crosswise into ⅛-inch (2-mm) thick slices; cut large-diameter slices into ½-inch (1.3-cm) wide strips. Place lotus root, 1 cup (250 mL) water and the vinegar in small bowl; let stand 5 minutes. Drain.

8. Place 1½ tablespoons (22 mL) sugar, ¼ teaspoon (1 mL) salt, the reserved mushroom soaking liquid and remaining ½ cup (125 mL) dashi, 1½ tablespoons (22 mL) soy sauce

and 1 tablespoon (15 mL) mirin in 3-quart (3-L) saucepan; add mushrooms, tofu, carrot and lotus root to pan. Heat to boiling over high heat. Reduce heat to medium; simmer, stirring occasionally, until tender, 10 to 15 minutes. Remove from heat; reserve mushroom mixture.

9. To prepare eggs: Mix (do not beat) eggs well with remaining 1 teaspoon (5 mL) sugar and the pinch of salt in small bowl. Heat 7- or 8-inch (18- or 20-cm) skillet or rectangular Japanese skillet (tamago pan) over medium heat; brush skillet lightly with oil, using pastry brush. (Skillet is proper temperature if a bit of egg put in pan sizzles.) Add about ⅓ of the egg mixture to skillet, tilting pan to coat bottom evenly. Cook just until egg sets on bottom, 20 to 30 seconds; carefully turn over, using spatula or tongs. Cook second side just until set, about 10 seconds; transfer to dry cutting board. Repeat procedure 2 times, stirring egg mixture and brushing skillet with oil each time.*

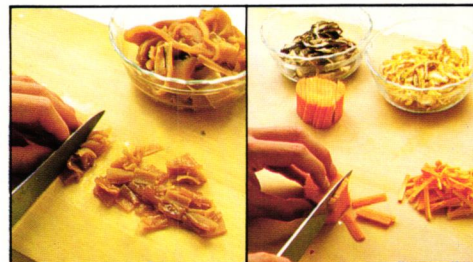
10. Stack egg sheets and cut into 1½-inch (4-cm) wide strips; cut strips crosswise into ⅛-inch (2-mm) wide strips.

11. Place snow peas and remaining 1 cup (250 mL) water and ¼ teaspoon (1 mL) salt in 1-quart (1-L) saucepan; heat to boiling over high heat. Boil peas just until crisp-tender, about 3 minutes. Rinse under cold running water; drain. Cut peas diagonally into ⅛-inch (2-mm) wide strips.

12. Using scissors, cut nori lengthwise in half; cut halves crosswise into ⅛-inch (2-mm) wide strips.

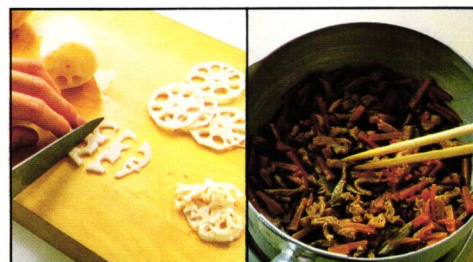
13. Cut Pickled Ginger Slices into ⅛-inch (2-mm) wide strips.

14. To assemble and serve: Drain mushroom mixture. Add mushroom mixture and kanpyo to Sushi Rice; mix well with gentle, folding motions. Place rice mixture in large serving bowl or 4 individual bowls. Sprinkle with layer



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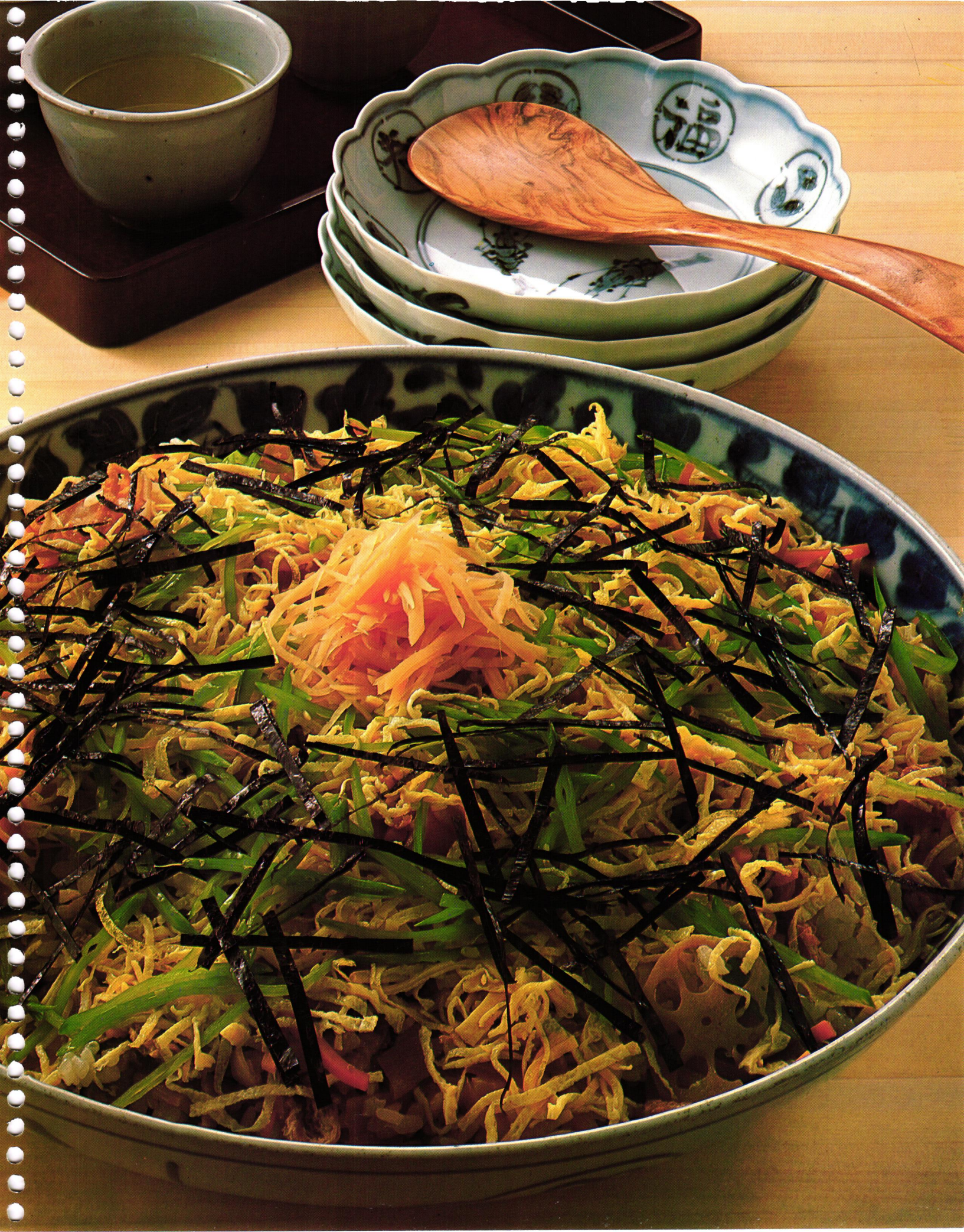


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of egg, then layer of snow peas, then layer of nori. Top with small mound of ginger.

Makes 4 servings

*These Thin Egg Sheets or Omelets (called *Usuyaki Tamago*) are also used as wrappers for another type of sushi. Sushi rice is mixed with pieces of fish or seafood and/or vegetables; a small amount of these ingredients is placed on an egg wrapper. The wrapper is folded over from each of the 4 sides to form a "package" called *Fukusa-Zushi*; or the wrapper is brought up from all sides together and tied with a thin strip of nori to form a "bundle" called *Chakin-Zushi*.



NIGIRI-ZUSHI

HAND-FORMED SUSHI

2½ cups (625 mL) Sushi Rice (see Index)

1 Rolled Omelet (see Index)

6 large shrimp, in shells

2½ cups (625 mL) water

¼ teaspoon (1 mL) salt

5 tablespoons (75 mL) rice vinegar

2 teaspoons (10 mL) sugar

8 ounces (225 g) very fresh red or pink tuna fillet, skinned (about 1½ inches or 4 cm thick)*

2 tablespoons (30 mL) wasabi powder

Warm water

6 strips (1 x 6½ inches or 2.5 x 16 cm each) toasted nori

4 ounces (115 g) salmon roe

12 strips (½ x 6 inches or 1.3 x 15 cm each) toasted nori, if desired

6 tablespoons (90 mL) soy sauce

¾ cup (180 mL) Pickled Ginger Slices (see Index)

**If unavailable, substitute other appropriate very fresh fish or seafood. See recipe for Sashimi (see Index) for discussion and suggested alternatives.*

1. Prepare Sushi Rice. Prepare Rolled Omelet, flattening slightly to make more rectangular shape; cut omelet crosswise into ½-inch (1.3-cm) thick slices.

2. Remove shells from shrimp, leaving tails attached. Remove vein from each shrimp by inserting wooden pick under vein and lifting gently. Insert wooden pick or metal skewer lengthwise into each shrimp from neck through tail; straighten shrimp as pick is inserted. Heat 2 cups (500 mL) water and the salt to boiling in 2-quart (2-L) saucepan over high heat; add shrimp. When water returns to boiling, reduce heat to medium; simmer until shrimp are just opaque and firm-tender, about 2 minutes. Rinse under cold running water; drain well. Remove picks, twisting gently.

3. Place ¼ cup (60 mL) rice vinegar and the sugar in small bowl; stir to dissolve sugar. Add shrimp; let stand 5 minutes. Cut each shrimp lengthwise along underside, cutting about ¾ of the way through shrimp; spread open and press gently to flatten. Pat dry with paper toweling.

4. Cut tuna fillet crosswise into ⅛- to ¼-inch (3- to 6-mm) thick slices. Fish slices should be about 1½ x 2½-inch (4 x 6.5-cm) rectangles.

5. Mix wasabi powder with just enough warm water to form thick paste; let stand, covered, about 10 minutes. Mix remaining ½ cup (125 mL) water and 1 tablespoon (15 mL) vinegar in small bowl. This mixture is called *tezu* and is used to moisten hands in order to handle Sushi Rice more easily.

6. For salmon roe: Moisten hands lightly with *tezu*. Using hands, form 1 tablespoon (15 mL) Sushi Rice into ball or oval shape. Place ball on work surface. Wrap 1-inch (2.5-cm) wide strip nori horizontally around rice ball to form cup-like "container" (open on both top and bottom); press gently but firmly to seal nori. Place small dab of wasabi paste on rice; top with about 1 tablespoon (15 mL) salmon roe. Repeat to use remaining salmon roe.

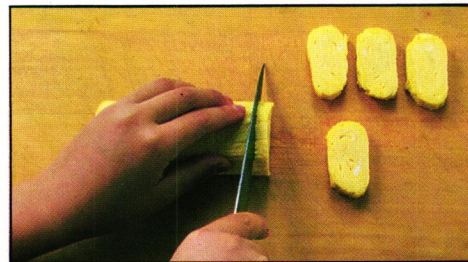
7. For tuna and shrimp: Moisten hands lightly with *tezu*. Place 1 tablespoon (15 mL) Sushi Rice across cupped fingers of right hand. Close fingers around rice; squeeze gently but firmly (do not crush rice) to form small, slightly oval "finger" of rice. Place tuna slice across fingers of left hand; using index finger of right hand, place small dab of wasabi paste down center of tuna slice. Place rice "finger" lengthwise on tuna; cupping left hand slightly, press rice firmly with 2 fingers of right hand. Roll sushi over so that tuna is on top; cupping left hand, press tuna over rice firmly with 2 fingers of right hand. Turn sushi to reverse ends; press again. Repeat with remaining tuna slices and with shrimp.

8. For Rolled Omelet: Form sushi following directions in Step 7, but omitting wasabi paste. Handle omelet slices carefully to avoid breaking. Band each omelet sushi crosswise around center using ½-inch (1.3-cm) wide strip nori, if desired; overlap nori strip to form seam on underside of sushi.

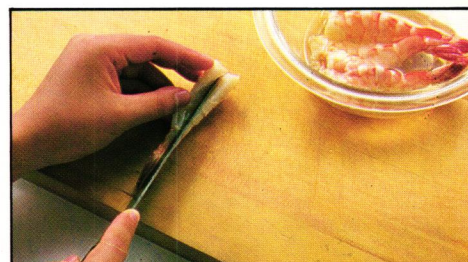
9. Arrange sushi on serving platter. Place 1 tablespoon (15 mL) soy sauce in each of 6 small bowls for dipping. Dip sushi, fish-side-down, in soy sauce. Serve with Pickled Ginger Slices.

*Makes 6 servings
(about 6 pieces each)*

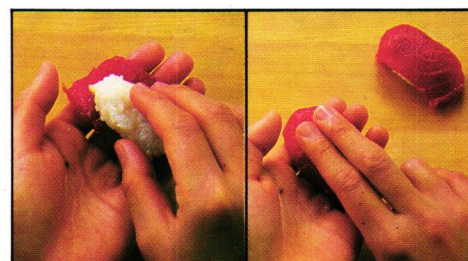
Photo on opposite page shows examples of a variety of Nigiri-Zushi and 3 types of Maki-Zushi. Front row: Nigiri-Zushi from left to right are omelet, mantis shrimp, octopus, shrimp, gizzard shad (banded with green shiso leaf) and salmon roe. Second row is cucumber Maki-Zushi. Third row is tuna (both pink and red) Maki-Zushi. Fourth row: Nigiri-Zushi from left to right are squid, pink tuna, red tuna, sea bream, ark shell and yellowtail. Back row is kanpyo Maki-Zushi. See page 32 for Maki-Zushi recipe.



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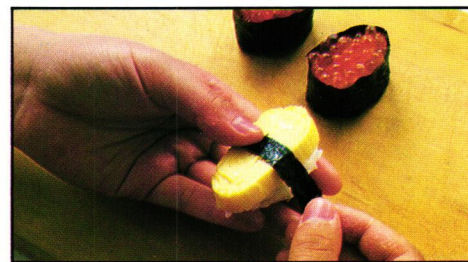


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MAKI-ZUSHI

ROLLED SUSHI

- 1 ounce (30 g) kanpyo (dried gourd strips)
- ½ teaspoon (2 mL) salt
- 3 cups (750 mL) water
- 1 cup (250 mL) dashi
- 2 tablespoons (30 mL) sugar
- 2 tablespoons (30 mL) soy sauce
- 1 tablespoon (15 mL) mirin
- 5 cups (1250 mL) Sushi Rice (see Index)
- 1 small, thin cucumber, preferably unwaxed (3 to 4 ounces or 85 to 115 g)
- 8 ounces (225 g) very fresh red and/or pink tuna fillets, skinned (about ½ inch or 1.3 cm thick)*

1. Using first 7 ingredients, soften and cook kanpyo following directions in Steps 2 and 3 of Chirashi-Zushi (see Index). Cut kanpyo into 7-inch (18-cm) lengths.

2. Prepare Sushi Rice.

3. Pare and seed cucumber, if desired. Cut cucumber lengthwise into ½-inch (1.3-cm) wide wedges. Cut wedges into 7-inch (18-cm) lengths (3 or 4 are needed). If cucumber is shorter than 7 inches (18 cm), cut wedges into 3½-inch (9-cm) lengths (6 or 8 are needed).

4. Cut tuna fillets crosswise into ¾- to 1½-inch (1- to 1.3-cm) wide strips. (If using firmer-fleshed fish, cut into ¼-inch or 6-mm wide strips.)

5. Mix wasabi powder with just enough warm water to form thick paste; let stand, covered, 10 minutes. Using scissors, cut nori sheets crosswise into halves. Mix ½ cup (125 mL) water and the rice vinegar in small bowl. This mixture is called tezu and is used to moisten hands in order to handle Sushi Rice more easily.

6. For kanpyo: Place bamboo mat (called a maki mat or maki-su) in front of you so that bamboo strips are crosswise (and, therefore, sushi will be rolled away from you). Place half-sheet of nori, shiny-side-down, on mat with long dimension crosswise on mat (nori will be rolled on its short dimension); nori should be about ½ inch (1.3 cm) in from edge of mat closest to you. Moisten hands lightly with tezu. Place about ½ cup (125 mL) Sushi Rice on nori; using hands, spread rice evenly over nori, leaving about ¾-inch (2-cm) margin of nori empty across upper edge. Lay 2 or 3 kanpyo strips across center of rice. Bring front edge of mat (and nori) up and over kanpyo to form roll; continue rolling nori, using mat as a frame, so that empty edge of nori overlaps to form seam. Keeping mat

- 2 tablespoons (30 mL) wasabi powder
- Warm water
- 4 to 5 sheets (about 7x8 inches or 18x20 cm each) toasted nori
- ½ cup (125 mL) water
- 1 tablespoon (15 mL) rice vinegar
- 6 tablespoons (90 mL) soy sauce
- ¾ cup (180 mL) Pickled Ginger Slices (see Index)

*If unavailable, substitute other appropriate very fresh fish or seafood. See recipe for Sashimi (see Index) for discussion and suggested alternatives.

around roll, shape into cylinder, pressing firmly and holding about 10 seconds to seal; use thumbs to press rice neatly on both open ends of roll. Unroll mat to release sushi roll. Using moistened, very sharp knife, cut roll crosswise into 4 or 6 equal slices with single downward cutting motion. Repeat to make second kanpyo sushi roll.

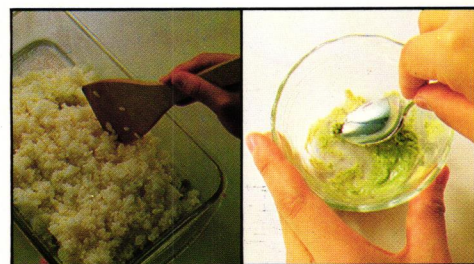
7. For cucumber, follow directions in Step 6 to make 3 (or 4) rolls, with these changes: Spread small dab wasabi paste across center of rice; then lay 1 long cucumber wedge (or 2 short wedges end-to-end) over wasabi. Cut cucumber sushi roll (also called Kappa-Maki) crosswise into 6 equal slices.

8. For tuna, follow directions in Step 6 to make 3 rolls, with these changes: Spread small dab wasabi paste across center of rice; then lay 1 pink and 1 red tuna strip side-by-side over wasabi. Continue with strips end-to-end to go across nori; cut last strips even with edge of nori. When roll is completed, cut tuna sushi roll (also called Tekka-Maki) into 6 equal slices.

9. Place sushi slices on serving platter. Place 1 tablespoon (15 mL) soy sauce in each of 6 small bowls for dipping. Serve with Pickled Ginger Slices.

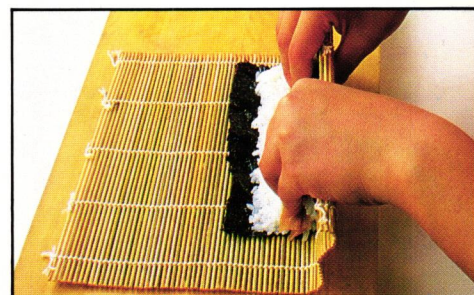
Makes 6 servings
(about 8 pieces each)

Note: This recipe is for thin rolls of Maki-Zushi. Thicker rolls (called Nori-Maki) can be made in the same manner. Use full-size nori sheet and about 1 cup (250 mL) rice; place from 3 to 8 kinds of ingredients (all cut into thin strips as above) in roll. Cut finished roll crosswise into 1-inch (2.5-cm) thick slices. Commonly used ingredients include: fish or seafood; kanpyo; thin julienne strips of cooked carrot or black Chinese mushroom; Rolled Omelet; cooked spinach or other greens.

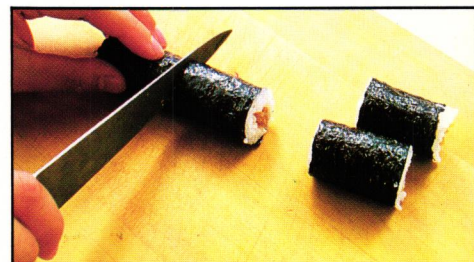


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SUSHI RICE

ZUSHI-MESHI

2½ cups (625 mL) short-grain rice

Cold water

1 piece (3-inches or 8-cm square) dried kelp (konbu)

2¾ cups (680 mL) water

2 tablespoons (30 mL) sake

5 tablespoons (75 mL) rice vinegar

2 tablespoons (30 mL) sugar

2 teaspoons (10 mL) salt

1. Place rice in large bowl or pan; add cold water to cover. Stir rice gently with fingers several times (water will become cloudy or milky); drain rice in colander. Repeat washing and draining 3 or 4 times until water remains almost clear. Place rice in colander; drain 60 minutes.

2. Wipe kelp gently with damp cloth to remove any sand (but not the white powder) that may adhere to surface. Using scissors, cut kelp crosswise into 4 equal strips.

3. Place rice in heavy, 3-quart (3-L) saucepan that has a tight-fitting lid. Add 2¾ cups (680 mL) water and the sake to pan; place kelp on top of rice. Heat, covered, to full boiling over medium-high heat; just **before** water boils, remove kelp. Reduce heat to low; simmer, covered, until all liquid is absorbed, about 15 minutes. Do not lift lid during cooking, except to remove kelp.

4. Remove pan from heat; let stand, covered, 15 minutes. Using wooden spoon or paddle, gently fluff rice with folding motions. Lay dry kitchen towel over top of saucepan; cover towel with lid. Let stand about 10 minutes to absorb excess moisture.

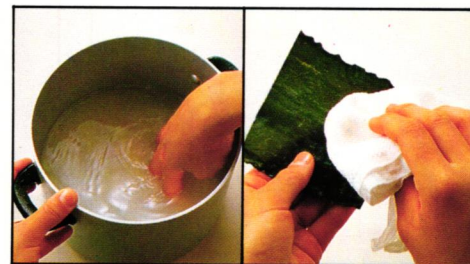
5. Mix vinegar, sugar and salt in small bowl; stir until sugar is dissolved.

6. Transfer rice to large, non-metal, shallow container.* Spread rice to fill base of container. Sprinkle vinegar mixture over rice. Toss rice gently with folding motions using wet wooden spoon or paddle until well mixed. Continue tossing gently with one hand, while fanning rice (using a piece of cardboard, for example) with the other hand. (It is helpful to have another person available to fan the rice. Using an electric fan is also acceptable.) Toss and fan rice until it cools to room temperature, 5 to 10 minutes.

7. Cover container with damp kitchen towel. Let stand at room temperature up to 4 hours. (Do not refrigerate.)

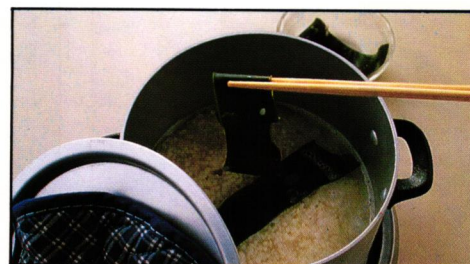
Makes about 5 cups (1250 mL)

**Traditionally, wooden containers are used; however, any non-metal material—even hard non-porous plastic—is satisfactory. The important factor is that the container be large enough to spread out the rice to help speed up the cooling process. Quick cooling is essential for proper texture, consistency and flavor of Sushi Rice.*

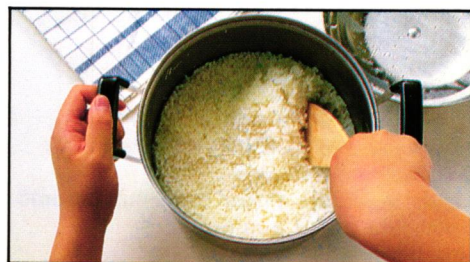


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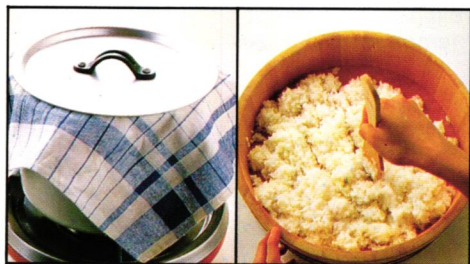
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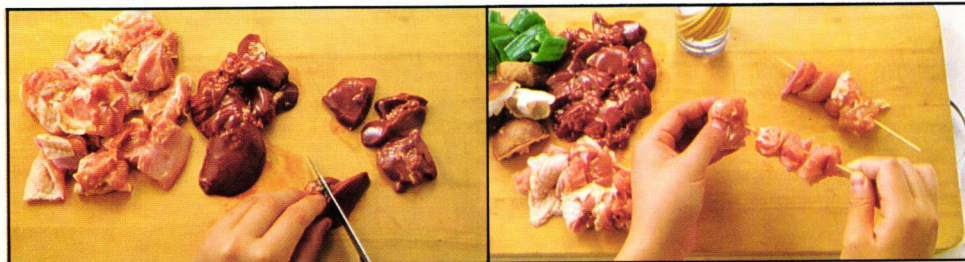


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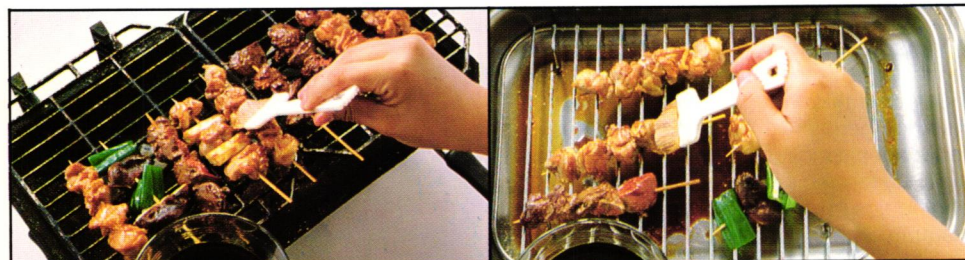
YAKITORI

SKEWERED GRILLED CHICKEN



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- 1 tablespoon (15 mL) sugar
- ¼ cup (60 mL) mirin
- ½ cup (125 mL) sake
- ½ cup (125 mL) soy sauce
- 12 ounces (340 g) boned chicken
- 8 ounces (225 g) chicken livers
- Cold water
- 4 fresh medium Chinese black mushrooms
- 2 medium green bell peppers
- 1 medium leek
- 16 to 20 metal or bamboo skewers, 6 to 8 inches (15 to 20 cm) long
- Seven-spice powder
- 1 lemon, cut into wedges

1. Mix sugar, mirin, sake and soy sauce in 1-quart (1-L) saucepan; heat over high heat to boiling. Reduce heat to medium-low; simmer until volume is reduced to 1 cup (250 mL), 10 to 15 minutes. Reserve sauce.

2. Cut chicken into 1-inch (2.5-cm) squares. Cut livers into 1-inch (2.5-cm) squares. Place livers in small bowl of cold water to cover; let stand 5 minutes. Drain; pat dry with paper toweling.

3. Remove and discard mushroom stems; cut each cap in half. Cut each green pepper lengthwise in half; cut each half crosswise in half. Cut leek into 1-inch (2.5-cm) lengths.

4. If using bamboo skewers, soak in water 10 minutes. Thread 4 or 5 pieces of food on each skewer, having completed skewers as follows: all chicken; all livers; alternate chicken with leek; and alternate mushroom with green pepper.

5. If broiling, heat broiler; place skewers on rack in broiler pan. Broil or grill 4 to 5 inches (10 to 13 cm) from heat source just until chicken is lightly browned, about 30 seconds. Baste with sauce; turn skewers over; baste second side. Repeat broiling, basting and turning 2 or 3 times until chicken and livers are cooked. (Total cooking time will be about 2 minutes; do not overcook or chicken will be dry.)

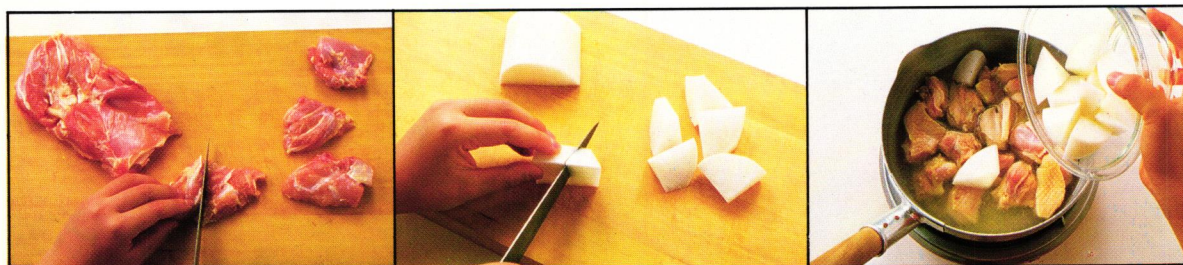
6. Serve immediately; pass seven-spice powder and lemon wedges.

Makes 4 servings





WINE-SIMMERED CHICKEN & DAIKON

TORINIKU DAIKON
BUDOSHU-NI

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1 pound (450 g) skinned and boned chicken breasts or thighs
8 ounces (225 g) daikon, pared*
1¾ cups (430 mL) water
1½ tablespoons (22 mL) soy sauce
1½ teaspoons (7 mL) sugar
1 tablespoon (15 mL) mirin
Pinch salt
3 tablespoons (45 mL) dry red wine*

1. Cut chicken into 1½-inch (4-cm) square pieces.

2. Cut daikon into 1-inch (2.5-cm) irregularly shaped pieces.

3. Heat water to boiling in 2-quart (2-L) saucepan over medium heat; add chicken and daikon. Boil gently 10 minutes.

4. Add soy sauce, sugar, mirin and salt to saucepan; boil gently until chicken is tender, 10 to 15 minutes longer. Add red wine to chicken; cook 1 to 2 minutes. Serve immediately, with cooking liquid.

Makes 4 servings

*If daikon is very hot, increase amount of red wine to ¼ cup (60 mL).

CHICKEN MEATBALLS TORINIKU DANGO



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4 ounces (115 g) green beans
1 pound (450 g) ground chicken
1 tablespoon (15 mL) plus 2 teaspoons (10 mL) sugar
¼ cup (60 mL) soy sauce
1 medium egg
1½ tablespoons (22 mL) cornstarch
3 cups (750 mL) dashi
1½ tablespoons (22 mL) sake
1½ tablespoons (22 mL) mirin

1. Cut beans crosswise into halves or thirds. Reserve.

2. Mix chicken, 2 teaspoons (10 mL) sugar, 1 tablespoon (15 mL) soy sauce and the egg in medium mixing bowl. Sprinkle with cornstarch; stir to mix well.

3. Mix dashi, sake, mirin and remaining 3 tablespoons (45 mL) soy sauce and 1 tablespoon (15 mL) sugar in 3-quart (3-L) saucepan; heat to boiling over medium-high heat.

4. Form chicken mixture into 1-inch (2.5-cm) balls. Add chicken balls, 1 at a time, to boiling broth; boil until chicken is cooked, 5 to 6 minutes. Remove balls from broth with slotted spoon.

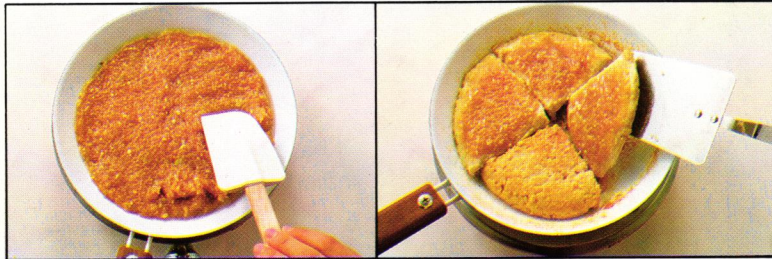
5. Add beans to broth; cook until beans are crisp-tender, 2 to 3 minutes. Remove beans from broth. Serve chicken balls with beans; top with hot cooking broth, if desired.

Makes 4 servings



CHICKEN LOAF SAUTÉ

MATSUKAZE-YAKI



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- 2 teaspoons (10 mL) white sesame seeds
- 1 pound (450 g) ground chicken
- 2 tablespoons (30 mL) minced leek
- 1 teaspoon (5 mL) fresh ginger juice
- 2 teaspoons (10 mL) sugar
- 2 teaspoons (10 mL) soy sauce
- 2 teaspoons (10 mL) sake
- 1 small egg, slightly beaten
- 2 teaspoons (10 mL) vegetable oil
- 4 sprigs watercress, if desired

1. Heat sesame seeds in small skillet over medium-high heat, stirring or shaking pan constantly, until seeds are light brown and first popping sound occurs, about 2 minutes. Reserve.

2. Place chicken, leek, ginger juice, sugar, soy sauce, sake and egg in medium bowl; stir to mix well.

3. Heat oil in 8-inch (20-cm) skillet over medium-low heat 1 minute; spread chicken mixture evenly in skillet (to about ½-inch or 1.3-cm thickness), smoothing top surface. Cook loaf until brown, 3 to 5 minutes.

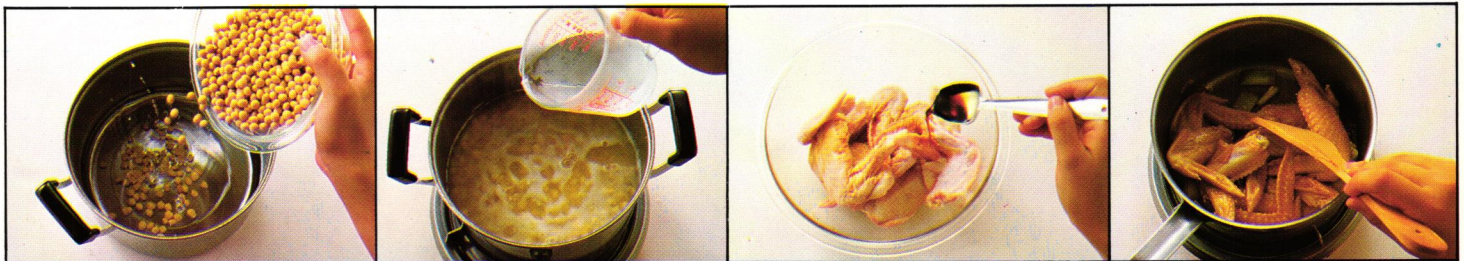
4. Cut loaf into 4 wedges; turn each wedge. Immediately sprinkle evenly with sesame seeds. Cook until loaf is brown and chicken is completely cooked, 2 to 3 minutes longer.

5. Cool 5 minutes; cut each wedge in half. Cool loaf to room temperature; serve, garnished with watercress.

Makes 4 servings

CHICKEN WITH SOYBEANS

TORI TO DAIZU NIMONO



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- 10 ounces (285 g) dried soybeans (about 2 cups or 500 mL)
- 1½ quarts (1.5 L) water
- 2 cups (500 mL) cold water
- Boiling water, if needed
- 1 pound (450 g) chicken wings*
- 5 tablespoons (75 mL) soy sauce
- 3 tablespoons (45 mL) sake
- 1 small leek
- ½-inch (1.3-cm) cube pared, fresh ginger root
- 1 tablespoon (15 mL) vegetable oil
- 1 tablespoon (15 mL) sugar

*Use whole wings or just middle sections and wing-tips.

1. Rinse soybeans. Place beans in 1½ quarts (1.5 L) water in large kettle; soak 12 hours.

2. Heat beans and soaking water to full boiling over high heat; add ½ cup (125 mL) cold water. Repeat 3 times.

3. Reduce heat to medium-low; simmer until beans are tender, about 1 hour. Beans should be covered with water during cooking; add boiling water, if necessary, to maintain proper level. Skim foam occasionally during cooking.

4. Meanwhile, place chicken wings in medium bowl; sprinkle with 1 tablespoon (15 mL) each soy sauce and sake. Let stand 20 minutes; turn wings occasionally.

5. Cut leek into 1-inch (2.5-cm) lengths. Cut ginger into ⅛-inch (2-mm) thick slices.

6. Heat oil in heavy, 4-quart (4-L) saucepan over medium-high heat. Add ginger; sauté 30 seconds. Add chicken; sauté until light brown on all sides, 6 to 8 minutes. Add leek; cook 2 minutes. Remove from heat.

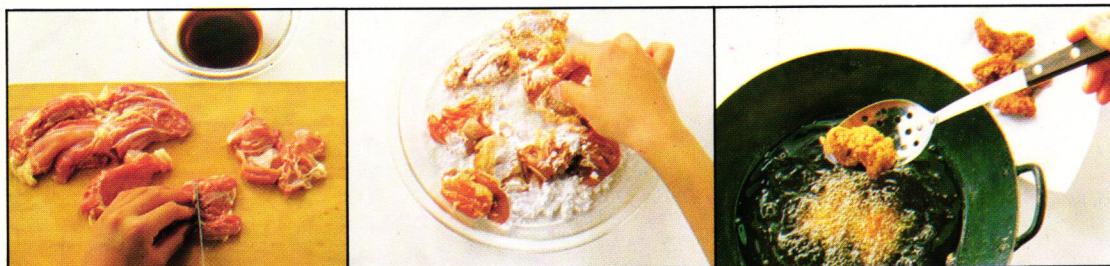
7. Drain cooked beans, reserving cooking liquid. Add beans to chicken. Add enough cooking liquid to cover chicken and beans; stir in sugar. Heat over medium-high heat to boiling. Reduce heat to medium-low; simmer 5 minutes. Add remaining ¼ cup (60 mL) soy sauce and 2 tablespoons (30 mL) sake. Simmer until chicken is tender, about 20 minutes.

Makes 4 to 6 servings



DEEP-FRIED MARINATED CHICKEN

TORINIKU TASUTA-AGE



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1 teaspoon (5 mL) fresh ginger juice
 ½ small clove garlic, minced
 1 tablespoon (15 mL) soy sauce
 1 tablespoon (15 mL) sake
 1 pound (450 g) boned chicken breasts
 4 small green bell peppers
 ⅔ cup (160 mL) cornstarch
 3 cups (750 mL) vegetable oil
 Lemon wedges, if desired

1. Mix ginger juice, garlic, soy sauce and sake in medium glass bowl; reserve marinade.

2. Cut chicken into 1½-inch (4-cm) square pieces. Add chicken to marinade, stirring to

coat evenly; let stand 20 minutes.

3. Cut each green pepper lengthwise in half; cut halves crosswise into 1½-inch (4-cm) wide strips.

4. Drain chicken; toss lightly in cornstarch to coat evenly. Shake off excess cornstarch.

5. Heat oven to 200°F (90°C). Heat oil in wok over high heat to 325°F (160°C). Add green peppers to wok; fry 30 seconds. Remove from oil with slotted spoon or strainer; drain on paper toweling. Keep peppers warm in oven while cooking chicken.

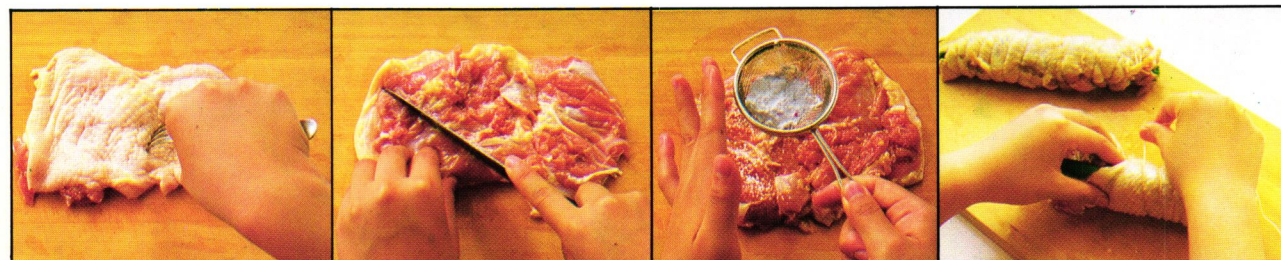
6. Reheat oil to 325°F (160°C). Add 4 or 5 chicken pieces, 1 at a time, to wok; fry, turning occasionally, until golden and cooked through, 4 to 5 minutes. Remove from oil with slotted spoon; drain on paper toweling. Place in warm oven. Reheat oil and repeat, frying 4 or 5 pieces at a time, until remaining chicken is cooked.

7. Arrange chicken and green peppers on serving platter or 4 individual plates; serve immediately, with lemon wedges.

Makes 4 servings

ROLLED CHICKEN & GREEN ONIONS

TORINIKU NEGI-MAKI



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2 large (7 to 8 ounces or 200 to 225 g each) boned, whole chicken legs (drumsticks with thighs attached)
 1 teaspoon (5 mL) fresh ginger juice
 ½ cup (125 mL) plus 2 tablespoons (30 mL) sake
 1½ tablespoons (22 mL) sugar
 2 tablespoons (30 mL) soy sauce
 1 small leek, white part only
 2 cups (500 mL) water
 6 to 8 green onions
 1½ tablespoons (22 mL) cornstarch
 1 tablespoon (15 mL) vegetable oil

1. Pierce skin of each chicken piece several times with fork. Place chicken skin-side-down on work surface. Score thickest parts of meat with sharp knife; press and spread lightly so that meat is of even thickness.

2. Mix together ginger juice, 2 tablespoons (30 mL) sake, the sugar and soy sauce in medium bowl. Add chicken, turning to coat evenly; marinate 20 minutes, turning occasionally.

3. Cut leek crosswise into 2-inch (5-cm) lengths; cut each piece lengthwise in half and then into needle-fine strips. Soak in the water 5 minutes; drain and reserve.

4. Drain chicken, reserving marinade; place chicken skin-side-down on cutting board. Cut onions to same length as long dimension of chicken pieces. Sift light, even coating of cornstarch over onions and chicken.

5. Place 3 or 4 onions across length of each chicken piece; roll each piece jelly-roll fashion

around onions. Fasten each roll securely by wrapping with kitchen twine at ½-inch (1.3-cm) intervals.

6. Heat oil in 10-inch (25-cm) skillet over medium-high heat. Add chicken rolls, seam-side-down (to seal seam); cook, turning frequently with tongs, until light brown on all sides. Pour off excess fat.

7. Add remaining ½ cup (125 mL) sake to chicken. Reduce heat to medium-low; cook, covered, 7 minutes. Add reserved marinade; cook, covered, turning rolls occasionally, until chicken is tender, 10 to 12 minutes. Remove twine from rolls; cut crosswise into 1-inch (2.5-cm) thick slices. Spoon pan juices over slices; serve with leek.

Makes 4 servings



CRISP-COATED FRIED FISH

SAKANA KAWARI-AGE

- 8 fresh sardines, horse mackerel or smelts (about 3 ounces or 85 g each), tails intact
 1 teaspoon (5 mL) salt
 ¼ cup (60 mL) Worcestershire sauce
 ¼ cup (60 mL) catsup
 ½ teaspoon (2 mL) prepared Japanese mustard
 4 teaspoons (20 mL) fresh lemon juice
 2 eggs
 2 tablespoons (30 mL) water
 ½ cup (125 mL) all-purpose flour
 1 cup (250 mL) finely chopped peanuts or coarsely crushed corn flakes*
 ¾ to 1 cup (180 to 250 mL) white or black sesame seeds*
 3 to 4 cups (750 mL to 1 L) vegetable oil
 4 lemon wedges

*Use from 1 to all 4 coating ingredients, as desired. Approximately ¼ cup (60 mL) coating is needed for each fish.

1. Using scissors, cut undersides of fish up to the tail sections; cut through backbones at tail ends. Gently pull out backbones; discard. Spread fish flat. Rinse fish under cold running water; drain. Pat dry with paper towel. Sprinkle fish with salt; let stand 10 minutes.

2. Combine Worcestershire sauce, catsup, mustard and lemon juice in small bowl; stir to mix well. Reserve dipping sauce.

3. Beat eggs and water in small bowl. Place flour in shallow dish or on waxed paper. Place peanuts (or corn flakes) and white (or black) sesame seeds each in separate shallow dishes or on waxed paper.

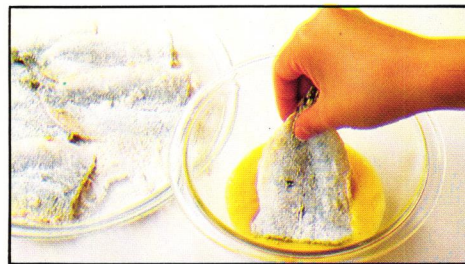
4. Dip fish in flour to coat both sides evenly; shake to remove excess flour. Dip fish in egg mixture, then in coating, using peanuts for

4 fish and sesame seeds for remaining 4 fish. Press coating evenly onto both sides of fish. Let stand 5 minutes. Heat oven to 200°F (90°C).

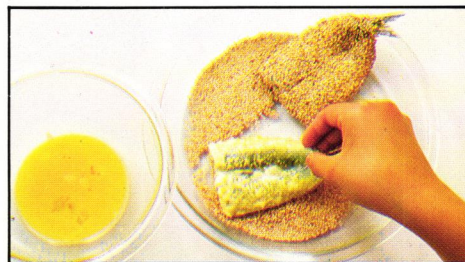
5. Heat oil over high heat to 325°F (160°C) in wok, deep fryer or deep, heavy saucepan. Adjust heat as necessary to maintain proper frying temperature. Fry 2 fish at a time: Slide each fish into oil, skin-side-up; fry 2 minutes. Turn fish over; fry just until fish is cooked through and coating is crisp, 1 to 2 minutes. Remove fish with tongs; drain on paper towel. Keep warm in oven. Reheat oil to 325°F (160°C) and repeat with remaining fish.

6. Serve fish immediately with dipping sauce and lemon wedges.

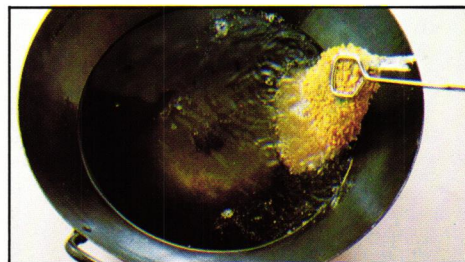
Makes 4 servings



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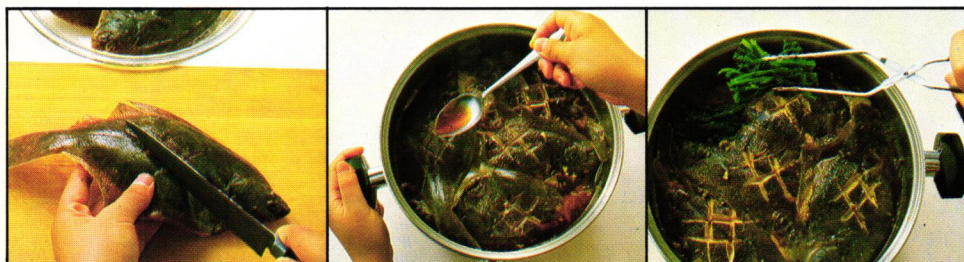


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SIMMERED FLOUNDER

KAREI NITSUKE



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4 whole medium flounder (8 to 10 ounces or 225 to 285 g each), heads and tails intact*

3 cups (750 mL) water

¼ teaspoon (1 mL) salt

4 ounces (115 g) spinach

¾-inch (2-cm) cube pared, fresh ginger root

½ cup (125 mL) sake

7 tablespoons (105 mL) soy sauce

2 tablespoons (30 mL) mirin

3 tablespoons (45 mL) sugar

**If only large fish are available, cut each fish crosswise in half. Cut off head and tail; proceed with Step 1.*

1. Score each fish on upper side of body as follows: Make 2 parallel diagonal cuts about 1 inch (2.5 cm) apart and 3 inches (8 cm) long. Repeat, making next 2 cuts perpendicular to first cuts. Score deep enough to reach the central bone.

2. Place 2 cups (500 mL) water, the salt and spinach in 2-quart (2-L) saucepan; heat to boiling over high heat. Reduce heat to medium; simmer 2 minutes. Rinse under cold running water; drain. Squeeze spinach gently to remove excess moisture. Cut into 1½-inch (4-cm) lengths.

3. Cut ginger into ⅛-inch (2-mm) thick slices; stack slices and cut into ⅛-inch (2-mm) wide strips.

4. Place remaining 1 cup (250 mL) water, the sake, soy sauce, mirin and sugar in large-diameter kettle; heat to boiling over high heat. Add ginger; boil 30 seconds. Add fish to kettle in single layer, overlapping at heads and tails where necessary. When liquid returns to boiling, reduce heat and adjust to maintain simmering; simmer fish 2 minutes.

5. Baste fish thoroughly with cooking liquid (do not turn fish over). Simmer until fish flakes easily with fork, about 3 minutes longer, basting frequently.

6. Add spinach to one side of kettle, pushing spinach down into liquid; cook until hot, about 30 seconds. Remove from heat.

7. Carefully remove each fish from kettle and place on serving plate; place ¼ of the spinach on each plate. Spoon cooking liquid over fish; serve immediately.

Makes 4 servings

BAKED FISH & VEGETABLES

SAKANA GINGAMI-YAKI



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1¼ pounds (565 g) flounder, sea bass, cod or other white fish fillets, boned (and skinned, if desired)

5 teaspoons (25 mL) sake

1 teaspoon (5 mL) soy sauce

1 teaspoon (5 mL) fresh ginger juice

½ teaspoon (2 mL) salt

1 large carrot, pared

2 small green bell peppers

1 medium yellow onion

1 tablespoon (15 mL) vegetable oil

½ medium lemon, cut into thick slices or wedges

1. Cut fish into 4 equal pieces; place in shallow glass bowl. Mix sake, soy sauce, ginger juice and salt in small bowl; pour over fish. Let stand 10 minutes; drain, reserving marinade.

2. Cut carrot crosswise into ⅛-inch (3-mm) thick slices; if desired, cut slices into decorative shapes using knife or vegetable cutter. Cut green peppers crosswise into ⅛-inch (3-mm) thick slices. Cut onion crosswise into ⅛-inch (3-mm) thick slices; separate slices into rings.

3. Heat oven to 325°F (160°C). Brush oil over centers of 4 pieces (10 inches or 25 cm

square each) aluminum foil. Place 1 piece fish on center of each piece of foil; arrange carrot, green pepper and onion slices over fish. Sprinkle with reserved marinade.

4. Bring two opposite sides of foil together over center of food; fold together in ½-inch (1.3-cm) folds to seal. Fold up each end of foil packet to securely seal in fish and vegetables.

5. Bake until fish flakes easily with fork, 15 to 20 minutes. Place foil packets on serving plates; unfold foil. Serve immediately with lemon slices.

Makes 4 servings



TEMPURA

- 1 small red or sweet potato (pared, if desired)
- 1½ cups (375 mL) water
- 4 ounces (115 g) Japanese pumpkin or winter or summer squash (pared, if desired)
- 1 medium yellow onion
- 3 ounces (85 g) green beans
- 1 large carrot, pared
- 4 fresh medium black Chinese mushrooms
- 2 green onions
- 3 ounces (85 g) frozen peas, thawed and drained
- 4 large shrimp, shelled and deveined, tails intact
- 1 squid body (mantle), cleaned and skinned
- 8 small shrimp, shelled and deveined, tails removed
- 4 smelts or small horse mackerel (about 2 ounces or 60 g each), tails intact; OR 8 ounces (225 g) white-fleshed fish fillets, about ¼ inch (6 mm) thick

1. Cut potato crosswise into ¼-inch (6-mm) thick slices. Place in small bowl with 1½ cups (375 mL) water; let stand 5 minutes. Drain well. Cut pumpkin into ¼-inch (6-mm) thick slices.

2. Cut yellow onion lengthwise in half; cut each half crosswise into ¼-inch (6-mm) thick slices. Place wooden pick horizontally through center of each onion slice to prevent rings from separating.

3. Cut beans into 2-inch (5-cm) lengths. Cut carrot crosswise into 2-inch (5-cm) lengths; then cut lengthwise into ⅛-inch (3-mm) thick slices. Cut carrot slices lengthwise into ⅛-inch (3-mm) wide strips.

4. Remove and discard stems from mushrooms. Cut green onions into ½-inch (1.3-cm) lengths. Thoroughly pat dry peas and all other vegetables with paper toweling.

5. Make 2 or 3 short, deep cuts along inner curve of each large shrimp (to prevent curling during cooking); press shrimp slightly to straighten. Cut through both layers of squid crosswise at ⅜-inch (1-cm) intervals to form rings. Or cut squid lengthwise through 1 layer and spread flat; cut into 2x1-inch (5x2.5-cm) pieces. If small shrimp are longer than 1 inch (2.5 cm), cut crosswise into halves.

6. For smelts: Using scissors, cut undersides of fish up to the tail sections; cut through backbones at tail ends. Gently pull out backbones; discard. Spread fish flat. For fish

DIPPING SAUCE:

- 1 cup (250 mL) dashi
- 4 tablespoons (60 mL) soy sauce
- 3 tablespoons (45 mL) mirin
- 6 tablespoons (90 mL) grated, pared daikon, well drained
- 2 teaspoons (10 mL) grated, pared, fresh ginger root
- 1 medium lemon
- ½ to 1 cup (125 to 250 mL) all-purpose flour
- 6 cups (1.5 L) vegetable oil

BATTER:

- 2 egg yolks
- 2 cups (500 mL) ice water
- 2 cups (500 mL) all-purpose flour

Note: If desired, use fewer kinds of foods than listed; adjust amounts of remaining foods accordingly.

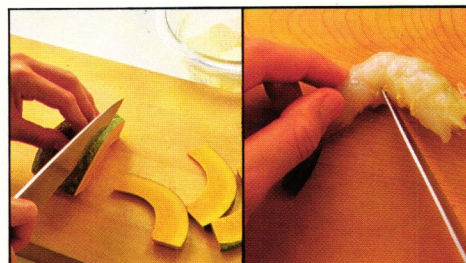
fillets: Cut fillets into 2x1-inch (5x2.5-cm) pieces. Thoroughly pat dry fish, squid and all shrimp with paper toweling.

7. For dipping sauce: Heat dashi, soy sauce and mirin to boiling in 1-quart (1-L) saucepan over medium-high heat. Immediately reduce heat to lowest setting (to keep sauce warm).

8. Place small mound of 1½ tablespoons (22 mL) daikon in each of 4 small bowls. Top each mound with ½ teaspoon (2 mL) ginger; reserve. Cut lemon into wedges; reserve.

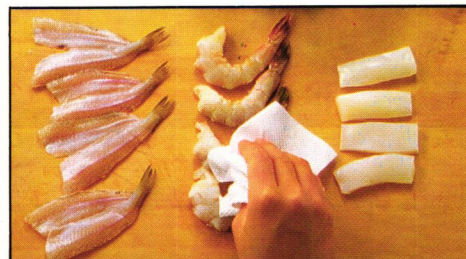
Note: For best results, Tempura should be cooked and served quickly. Batter should be made just before using; it becomes gluey if held very long. Therefore, prepare batter in 2 batches as indicated in Step 12. Organize all prepared ingredients and draining rack within easy reach so that dredging in flour, coating with batter and the cooking and draining can flow smoothly. If you do not wish to serve the individual foods as they are cooked, keep them warm (after draining) for a short time in 200°F (90°C) oven.

9. Group ingredients in order for cooking as follows: Potato, pumpkin and yellow onion will be cooked first, followed by mushrooms. Place green beans in shallow dish in clusters of 4 or 5 side-by-side pieces each. Place carrot in shallow dish in clusters of 6 to 9 side-by-side strips each. Place peas in small bowl. Combine green onion and small shrimp in small bowl. Fish, squid and large shrimp will be cooked last. (For clarity, the following steps treat each food group separately; in

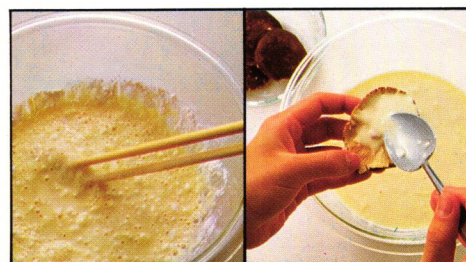


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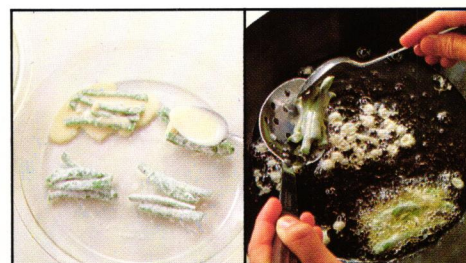


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actual cooking, the procedures may overlap. While last items of a group are cooking, you can prepare and begin cooking items in the next group. When oil temperature is to be increased, begin heating to that temperature while last items of preceding food group are cooking.)

10. Place ½ to 1 cup (125 to 250 mL) flour in shallow bowl for dredging foods. Place triple layer of paper toweling on wire rack for draining cooked foods. Use slotted spoon or tongs to remove foods from hot oil. Skim loose pieces of batter from oil occasionally during cooking, as needed.

11. Heat oil in wok, deep fryer or deep, heavy pot to 325°F (160°C) over high heat. Adjust heat to maintain proper temperature.

12. Prepare first batch of batter while oil is heating. Beat 1 egg yolk lightly in medium



bowl. Add 1 cup (250 mL) ice water; beat lightly just to mix well. Add 1 cup (250 mL) flour all at once; stir briefly with fork or chopsticks just to combine. Batter will be lumpy; do not overmix. As cooking proceeds, occasionally stir batter once or twice just to prevent ingredients from separating. [You may adjust consistency of batter by using 1 to 2 tablespoons (15 to 30 mL) more or less ice water; the thicker the batter, the heavier the coating will be on the cooked foods.] Prepare second batch of batter when needed, following same procedure as above.

13. To cook potato, pumpkin and onion: Dredge 1 slice in flour; shake off excess flour. Dip slice in batter; shake off excess batter. Slide coated slice into oil; fry, turning once, until crisp and vegetable is just tender, about 3 minutes. Remove from oil; drain. Fry 5 to 6 slices at a time, removing cooked pieces and adding new ones as needed.

14. To cook mushrooms: Heat oil to 340°F (170°C). Spoon batter on underside of mushrooms only; shake off excess batter. Add mushrooms to oil batter-side-down; fry, turning once, until mushrooms are tender, about 1 minute. Remove from oil; drain.

15. To cook green beans and carrot: Grasp each cluster and dredge in flour; shake off excess (or sprinkle flour lightly over clusters). Spoon batter to coat over each cluster. Carefully add each cluster to oil; fry, turning once, until golden, about 2 minutes. Remove from oil; drain.

16. To cook peas, green onion and small shrimp: Sprinkle flour lightly over peas; stir to coat peas. Spoon just enough batter over peas to coat; stir or toss gently. Place spoonful of mixture (1 to 2 tablespoons or 15 to 30 mL) in oil; using 2 spoons, quickly press into rounded shape. Repeat with remaining

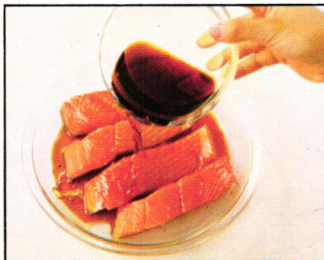
peas. Fry, turning once, until batter is crisp, 2 to 3 minutes. Remove from oil; drain. Heat oil to 360°F (180°C). Repeat procedure for green onion and small shrimp combination.

17. To cook fish, squid and large shrimp: Dredge each piece in flour; shake off excess flour. Dip piece in batter; shake off excess. Slide each piece into oil (for fish, skin-side-up). Fry, turning once, until golden and crisp: for fish, about 3 minutes; for squid, about 1 minute; for shrimp, 3 to 4 minutes. Remove from oil; drain.

18. To serve, pour about ¼ cup (60 mL) warm dipping sauce into each small bowl of reserved daikon and ginger. Each person mixes daikon and ginger into sauce, as desired. Dip hot food into sauce. Pass lemon wedges and remaining warm sauce. (If desired, place absorbent paper on serving platter and plates.) *Makes 4 servings*

SALMON TERIYAKI

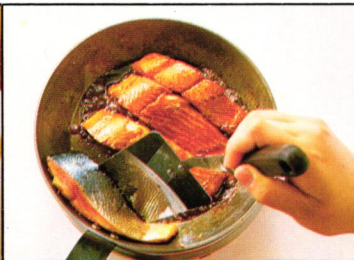
SAKE TERIYAKI



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- 1 pound (450 g) salmon steaks or fillets**
2 tablespoons (30 mL) soy sauce
1 tablespoon (15 mL) mirin
2 teaspoons (10 mL) sake
1 teaspoon (5 mL) sugar
3 ounces (85 g) daikon, pared
1 tablespoon (15 mL) vegetable oil

1. Cut salmon into 4 equal pieces; place in shallow glass bowl.

2. Mix soy sauce, mirin, sake and sugar in small bowl; stir to dissolve sugar. Pour marinade over salmon; let stand 10 minutes. Drain salmon, reserving marinade.

3. Grate daikon; drain (but do not squeeze).

4. To fry: Heat oil in 8- or 10-inch (20- or 25-cm) skillet over medium heat. Add salmon; cook until light brown, 2 to 3 minutes. Gently turn salmon over; cook just until salmon is cooked through and flakes easily with fork, about 2 minutes. Reduce heat to low. Add marinade; cook just until salmon

pieces are well-coated and sauce is hot, about 1 minute.

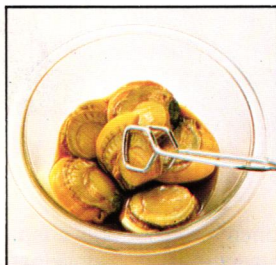
5. To broil: Heat broiler; brush broiler rack with oil. Place salmon on rack; brush lightly with marinade. Broil about 4 inches (10 cm) from heat source until light brown, 5 to 6 minutes. Turn salmon pieces; brush lightly with marinade. Broil just until salmon is cooked through and flakes easily with fork, 5 to 6 minutes.

6. Serve immediately with grated daikon; pass pan juices from skillet or remaining marinade, if desired.

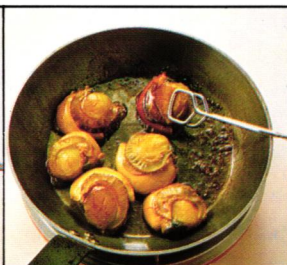
Makes 4 servings

TERIYAKI SCALLOPS

HOTATEGAI TERIYAKI



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- 2 tablespoons (30 mL) soy sauce**
1 tablespoon (15 mL) mirin
2 teaspoons (10 mL) sake
1 teaspoon (5 mL) sugar
1 pound (450 g) large scallops (trimmed, if desired)
8 ounces (225 g) asparagus
2½ cups (625 mL) water
¼ teaspoon (1 mL) salt
1 tablespoon (15 mL) vegetable oil

1. Mix soy sauce, mirin, sake and sugar in medium bowl; stir to dissolve sugar. Add scallops; let stand 10 minutes, turning occasionally. Drain scallops, reserving marinade.

2. Cut asparagus spears crosswise into halves. Heat water and salt to boiling in 2-quart (2-L) saucepan over high heat; add asparagus. Reduce heat to medium-high; boil gently until crisp-tender, 3 to 5 minutes. Drain; keep warm.

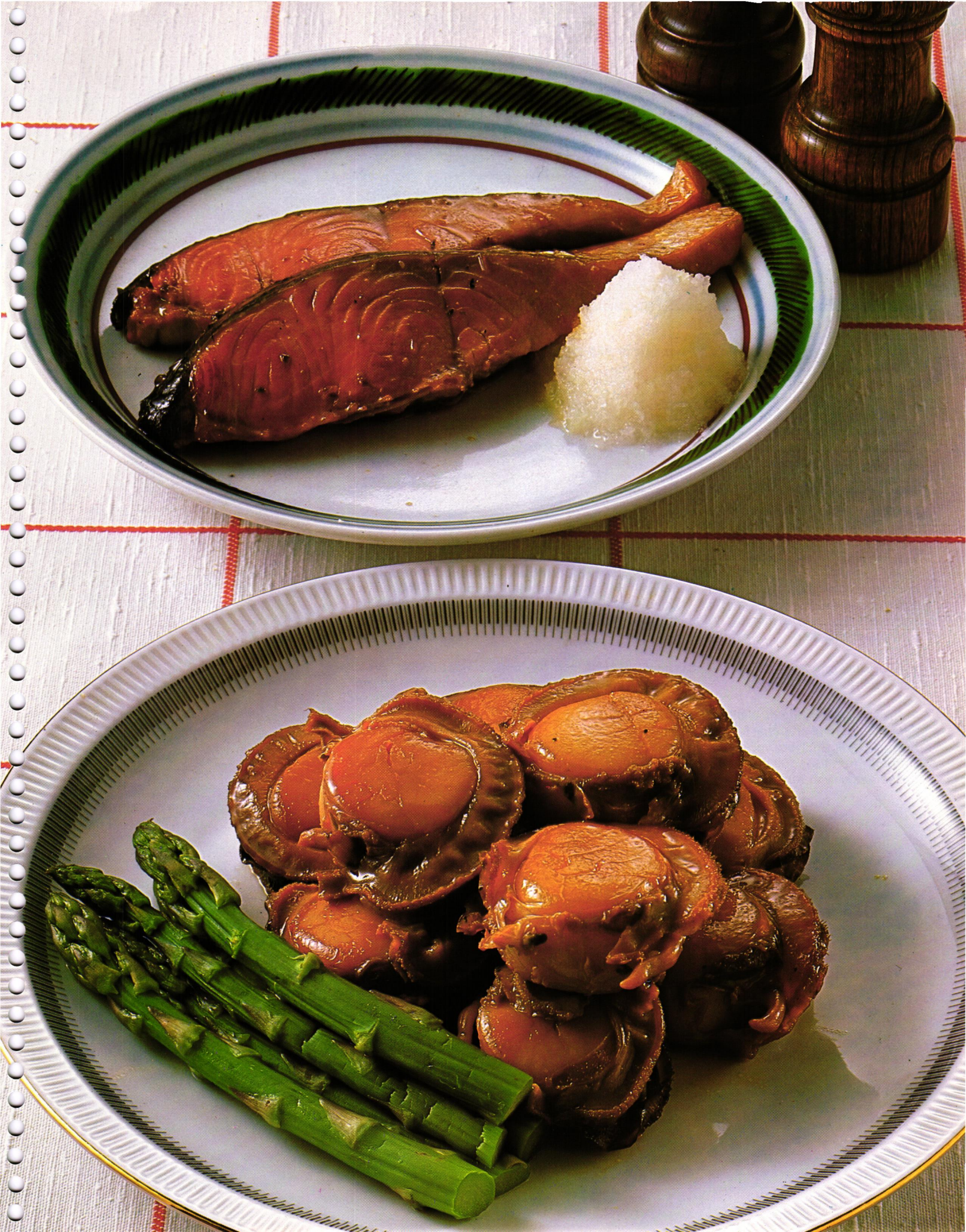
3. To fry scallops: Heat oil in 8- or 10-inch (20- or 25-cm) skillet over medium heat. Add scallops; cook until light brown, about 2 minutes. Turn scallops over; cook just until opaque in center and cooked through, 1 to

2 minutes. Reduce heat to low. Add marinade; cook just until scallops are well-coated and sauce is hot, about 1 minute.

4. To broil scallops: Heat broiler; brush broiler rack with oil. Place scallops on rack; brush lightly with marinade. Broil about 4 inches (10 cm) from heat source until brown, 4 to 5 minutes. Turn scallops; brush lightly with marinade. Broil just until scallops are opaque in center and cooked through, 4 to 5 minutes.

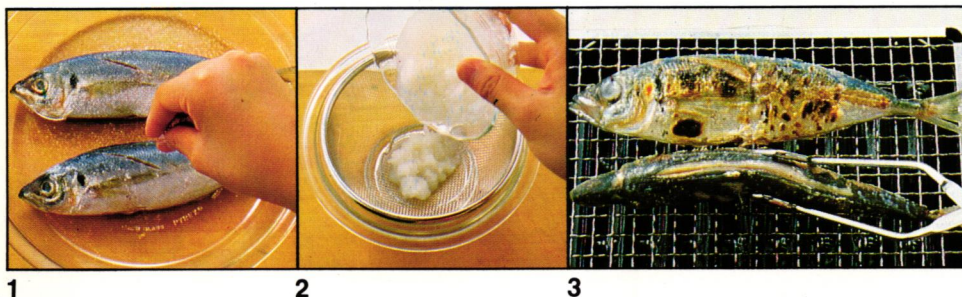
5. Serve immediately with asparagus; pass pan juices from skillet or remaining marinade, if desired.

Makes 4 servings



SALT-GRILLED WHOLE FISH

SAKANA
SHIO-YAKI



- 1** 4 whole horse mackerel (10 to 12 ounces or 285 to 340 g each), heads and tails intact*
- 2** 4 teaspoons (20 mL) salt
- 3** 3 ounces (85 g) daikon, pared
- $\frac{1}{2}$ medium lime or lemon
- 1 tablespoon (15 mL) vegetable oil
- 4 teaspoons (20 mL) grated, pared, fresh ginger root
- Soy sauce, if desired

**Other firm, lean, white-fleshed fish can be used, for example sea bream, sea bass or red snapper.*

1. If fish is thick, make 1 or 2 diagonal cuts, about $\frac{1}{2}$ inch (1.3 cm) deep, along side of body; repeat on second side of fish. Sprinkle 1 teaspoon (5 mL) salt over each fish, coating both sides; let stand 10 minutes. Wipe off salt with paper toweling.

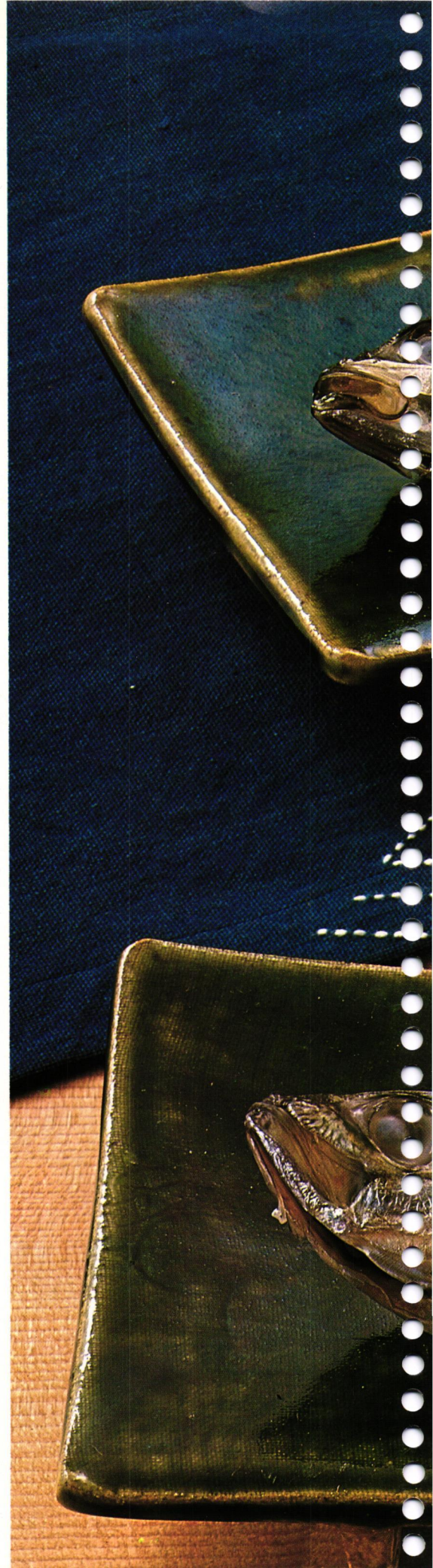
2. Grate daikon; drain well in sieve. Cut lime into thick slices or wedges.

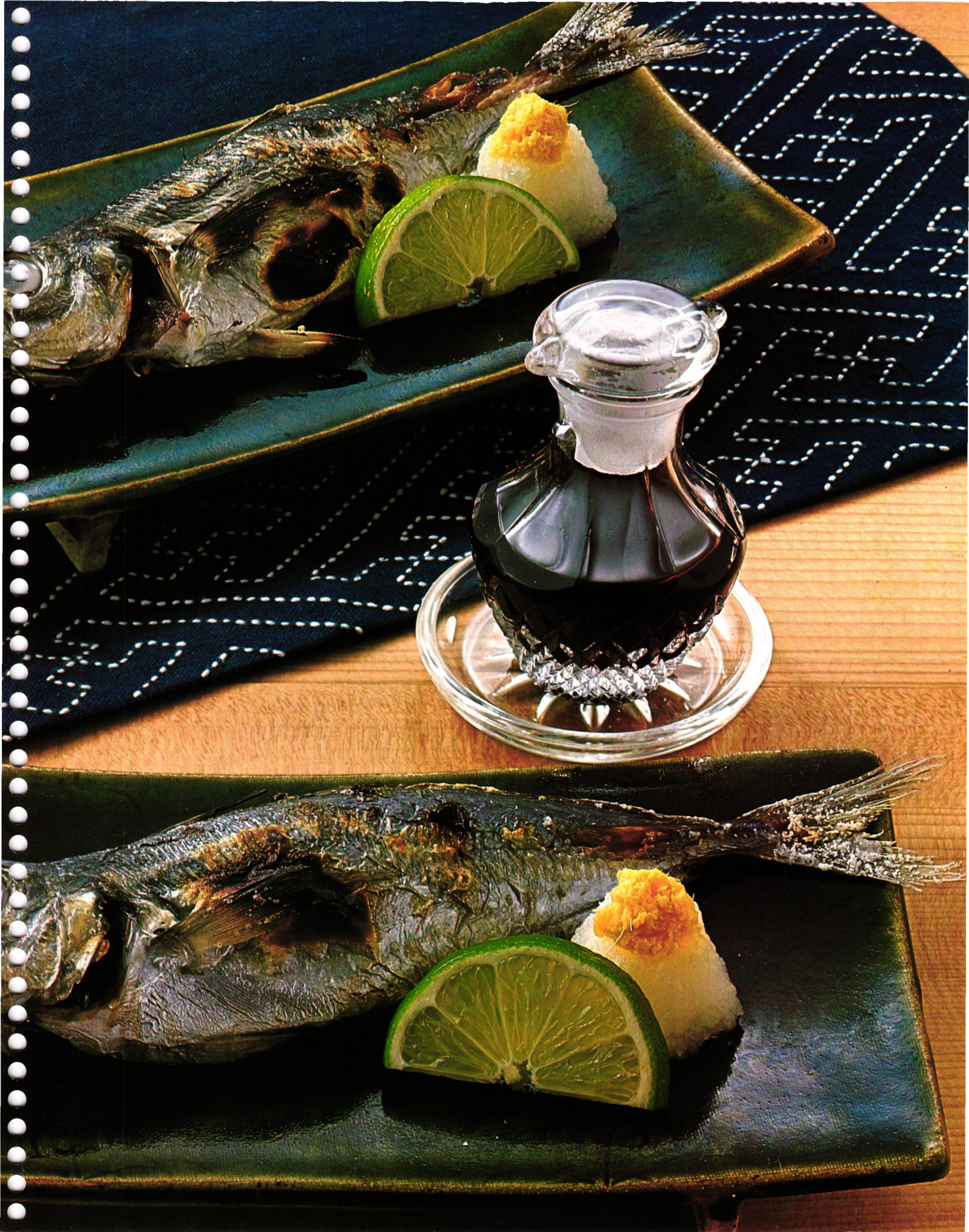
3. Brush grill rack lightly with oil; heat rack over medium-hot charcoal fire. ** Place fish on rack; grill until brown, 4 to 6 minutes. Carefully turn fish; grill until brown and fish flakes easily with fork, 3 to 5 minutes.

4. Carefully transfer each fish to serving plate. Place about $1\frac{1}{2}$ tablespoons (22 mL) daikon topped with 1 teaspoon (5 mL) ginger on each plate; add lime slices. Serve immediately. Pass soy sauce to pour over fish.

Makes 4 servings

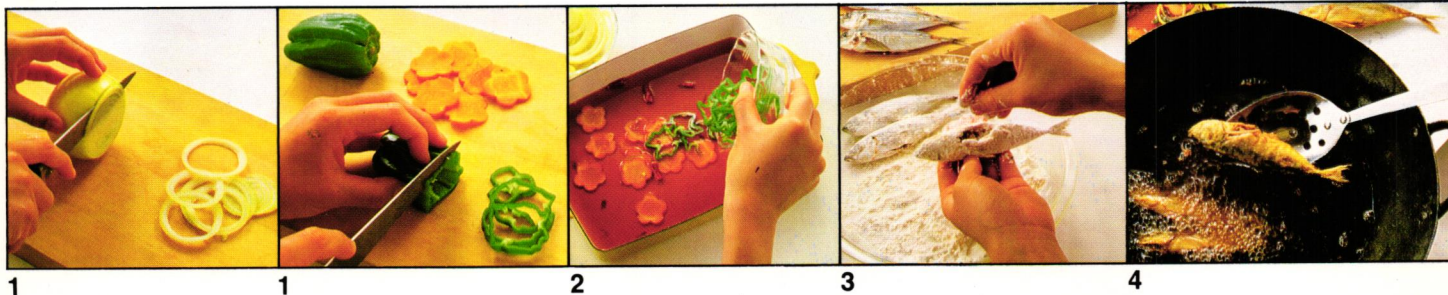
***Fish can be broiled: Heat broiler; brush broiler rack with oil. Proceed as for grilling, increasing cooking time 1 to 2 minutes on each side of fish.*





DEEP-FRIED FISH VINAIGRETTE

SAKANA NANBAN-ZUKE



- 1 medium yellow onion
 1 piece (1½ inches or 4 cm) carrot, about 1 inch or 2.5 cm in diameter
 2 small green bell peppers
 2 or 3 dried red chili peppers, seeded
 ¾ cup (180 mL) rice vinegar
 3 tablespoons (45 mL) soy sauce
 1 tablespoon (15 mL) sugar
 ½ teaspoon (2 mL) salt
 8 to 10 small horse mackerel (4 to 6 inches or 10 to 15 cm long), heads and tails intact*
 ¾ cup (180 mL) all-purpose flour
 3 to 4 cups (750 mL to 1 L) vegetable oil
 ½ medium lemon, cut into thin slices

*If unavailable, substitute large smelts or similar fish.

1. Cut onion crosswise into ⅛-inch (3-mm) thick slices; separate slices into rings. Cut carrot crosswise into ⅛-inch (2-mm) thick slices; if desired, cut slices into decorative shapes using knife or vegetable cutter. Cut green peppers crosswise into ⅛-inch (3-mm) thick slices. Cut chilies crosswise into halves.

2. Mix rice vinegar, soy sauce, sugar and salt in shallow, noncorrosive pan or glass dish, large enough to accommodate fish in single layer; stir to dissolve sugar. Add carrots, chili peppers, green peppers and onions to pan; marinate at room temperature while preparing fish.

3. Coat fish lightly and evenly with flour; coat insides of fish with flour. Shake to remove excess.

4. Heat oil to 325°F (160°C) in wok, deep fryer or deep, heavy saucepan. Slide fish into oil, one at a time; fry as many as will fit in single layer. Cook until golden, turning occasionally, 6 to 7 minutes. Remove fish from oil with slotted spoon; drain on paper toweling. (If desired, cut off heads of fish.) Reheat oil to 325°F (160°C); repeat with remaining fish.

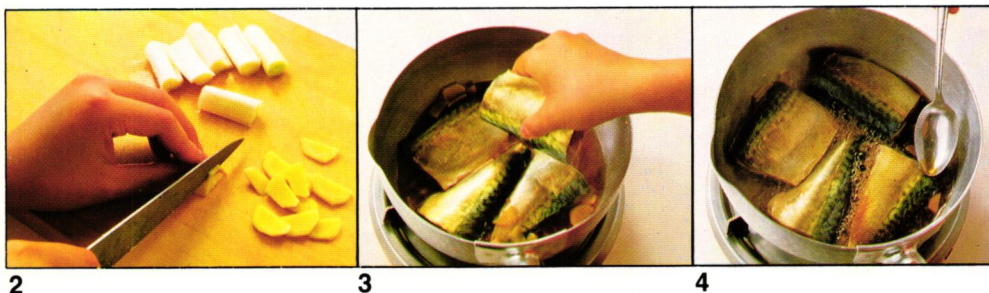
5. Add hot fish to vegetables in marinade. Marinate at room temperature 1 to 2 hours, turning fish occasionally.** Serve fish and vegetables, garnished with lemon slices.

Makes 4 servings

**This dish may be prepared 1 to 2 days in advance. Refrigerate, covered; allow to come to room temperature.

MISO MACKEREL

SABA MISO-NI



- 2 thick mackerel fillets (about 8 ounces or 225 g each)*
 2 medium leeks
 1-inch (2.5-cm) cube pared, fresh ginger root
 1 cup (250 mL) water
 1½ tablespoons (22 mL) sake
 1½ tablespoons (22 mL) soy sauce
 1½ teaspoons (7 mL) mirin
 1½ tablespoons (22 mL) sugar
 3 tablespoons (45 mL) red or brown miso

*Substitute yellowtail, herring, shad or similar round-bodied, somewhat fatty fish, if desired.

1. Remove any bones from fillets. Cut each fillet crosswise in half.

2. Cut leeks into 1½-inch (4-cm) lengths. Cut ginger into ⅛-inch (2-mm) thick slices. Stack ½ of the slices and cut into ⅛-inch (2-mm) wide strips; reserve strips for garnish.

3. Combine water, sake, soy sauce, mirin and sugar in 3-quart (3-L) saucepan; heat to simmering over high heat. Add sliced ginger; place fish, skin-side-up, in saucepan in single layer. Heat to boiling; cook 3 minutes.

4. Reduce heat to medium-high; baste fish

thoroughly with cooking liquid. Add leek; boil fish and leek, basting several times, until fish is cooked through and flakes easily with a fork, 5 to 7 minutes. Remove fish and leek from pan; place on 4 serving plates, dividing evenly.

5. Add miso to cooking liquid; stir well to dissolve miso. Heat over medium-high heat to boiling; cook until sauce thickens slightly, 2 to 4 minutes.

6. Pour desired amount of sauce over fish; top with reserved ginger strips.

Makes 4 servings



SALMON-TOFU BALLS

SAKE TOFU AGEDANGO

12 ounces (340 g) salmon fillets or steaks
 5 cups (1250 mL) water
 ½ teaspoon (2 mL) sake
 ½ teaspoon (2 mL) plus pinch salt
 10 ounces (285 g) tofu
 ⅓ cup (80 mL) plus 2½ tablespoons (37 mL)
 all-purpose flour
 ½ teaspoon (2 mL) sugar
 ¼ cup (60 mL) soy sauce
 4 teaspoons (20 mL) grated, pared, fresh ginger root
 4 to 6 leaves green or red leaf-lettuce
 3 to 4 cups (750 mL to 1 L) vegetable oil

1. Place salmon, 2 cups (500 mL) water, the sake and pinch of salt in 2-quart (2-L) saucepan; heat over medium-high heat to boiling. Reduce heat to medium; boil gently just until fish is cooked through and flakes easily with fork, about 3 minutes. Drain; remove skin and bones, if any. Flake salmon; chop finely.

2. Cut tofu crosswise into 5 or 6 equal pieces. Place tofu and remaining 3 cups (750 mL) water in 2-quart (2-L) saucepan. Heat to boiling over medium-high heat; boil 2 minutes. Transfer tofu to cloth-lined sieve; drain well.

3. Wrap cloth around tofu; wring or squeeze firmly to remove as much moisture as possible. Using fork, break tofu into small pieces.

4. Place salmon and tofu in medium bowl; sprinkle with 2½ tablespoons (37 mL) flour, the sugar and remaining ½ teaspoon (2 mL) salt. Mix thoroughly. Shape into 1½-inch (4-cm) balls. Lightly roll each ball in remaining ⅓ cup (80 mL) flour; shake off excess flour.

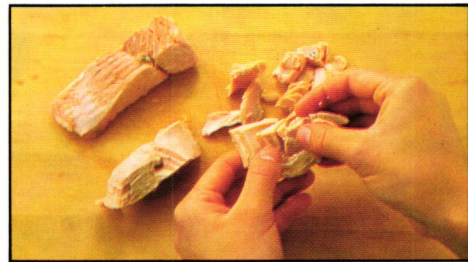
5. For dipping sauce: Place 1 tablespoon (15 mL) soy sauce in each of 4 small bowls; place 1 teaspoon (5 mL) ginger in center of each bowl. Each person mixes ginger with soy sauce, as desired.

6. Arrange lettuce leaves in serving bowl.

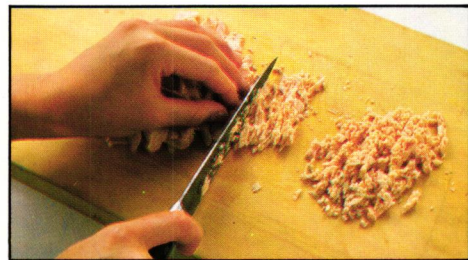
7. Heat oil to 325°F (160°C) in wok, deep fryer or deep, heavy saucepan. Add 5 or 6 salmon balls, 1 at a time, to hot oil; turn immediately. Fry balls until golden, turning occasionally, 3 to 4 minutes. Remove from oil with slotted spoon; drain on paper towel-lined. Reheat oil to 325°F (160°C); repeat with remaining salmon balls.

8. Place salmon balls on lettuce leaves. Serve immediately with dipping sauce.

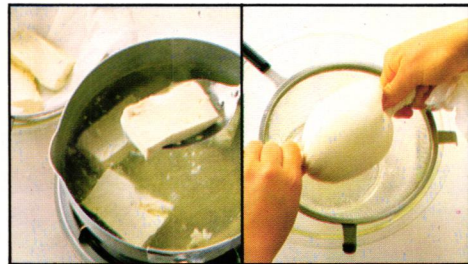
Makes 4 servings



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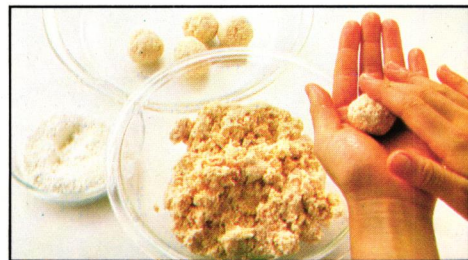


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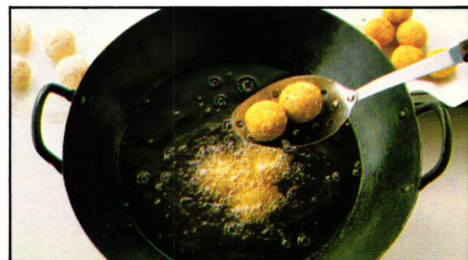


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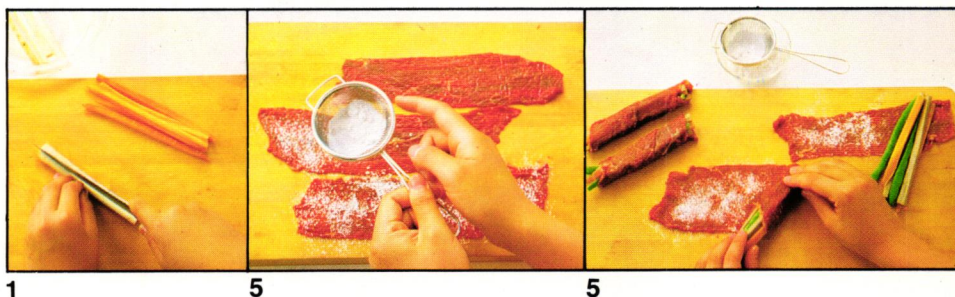
BEEF-AND-VEGETABLE ROLLS

GYUNIKU YASAI-MAKI

- 2 pieces (1x6 inches or 2.5x15 cm each) carrot, pared
- 2 pieces (1x6 inches or 2.5x15 cm each) burdock root
- 4½ cups (1060 mL) water
- 1 teaspoon (5 mL) vinegar
- 4 teaspoons (20 mL) vegetable oil
- 1½ tablespoons (22 mL) plus 1 teaspoon (5 mL) sugar
- ¼ teaspoon (1 mL) salt
- 16 to 24 green beans
- 3 tablespoons (45 mL) soy sauce
- 1 tablespoon (15 mL) mirin
- 8 slices (½ x 2 x 9 inches or 0.3 x 5 x 23 cm each) lean beef
- 1½ to 2½ tablespoons (22 to 37 mL) cornstarch
- 1 tablespoon (15 mL) sake
- 4 sprigs watercress, if desired

1. Cut each piece carrot lengthwise in half; cut each half lengthwise into 4 equal strips. Scrape burdock root with back of knife to remove all skin; cut as for carrot. Place burdock root immediately into small bowl with 1½ cups (375 mL) water and the vinegar; soak 5 minutes. Rinse and drain.

2. Heat 1 teaspoon (5 mL) vegetable oil in 8-inch (20-cm) skillet over medium-high heat. Add carrot and burdock strips; sauté, stirring constantly, 2 minutes. Add ½ cup



(125 mL) water and 1 teaspoon (5 mL) sugar; cook just until vegetables are tender, about 5 minutes longer. Drain carrot and burdock.

3. Heat 2 cups (500 mL) water and the salt to boiling in 2-quart (2-L) saucepan over medium-high heat. Add green beans; cook, covered, just until tender, about 3 minutes. Cool under cold running water; drain.

4. Mix remaining ¼ cup (60 mL) water and 1½ tablespoons (22 mL) sugar, the soy sauce and mirin in small bowl. Stir until sugar dissolves; reserve.

5. Lay beef slices flat on work surface; sift cornstarch lightly on one side of each slice. Place 2 strips each of carrot and burdock and 2 or 3 green beans crosswise at slight angle on end of slice of beef. Roll beef diagonally,

jelly-roll fashion, around vegetables; secure with wooden pick. Repeat with remaining beef and vegetables. Lightly dust outside of each roll with cornstarch.

6. Heat remaining 1 tablespoon (15 mL) vegetable oil in 12-inch (30-cm) skillet over high heat. Add beef rolls; sauté, turning occasionally, until brown on all sides, 3 to 4 minutes. Add sake; cook 30 seconds. Add reserved soy-sauce mixture; heat to boiling. Reduce heat to low; simmer rolls, turning constantly, until well-coated with slightly thickened sauce, 3 to 5 minutes. Remove from heat.

7. Carefully cut each roll crosswise in half. Transfer to serving platter; garnish with watercress. Pass any remaining sauce.

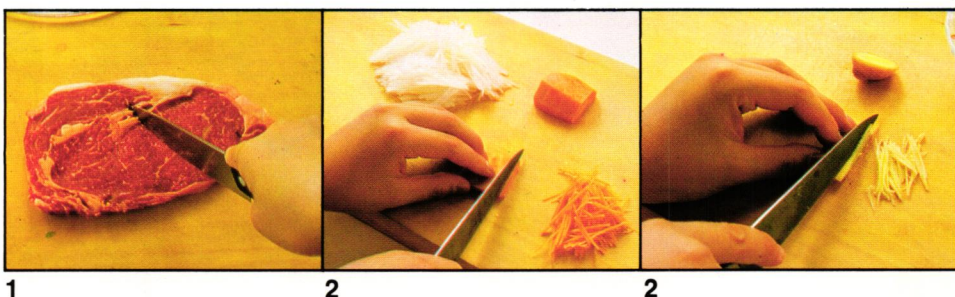
Makes 4 servings

PAN-BROILED GARLIC STEAK

GYUNIKU NIMIKU-YAKI

- 4 boneless beef top-loin steaks, ½ inch (1.3 cm) thick (about 6 ounces or 170 g each)
- 1 clove garlic, minced
- ¼ cup (60 mL) soy sauce
- 1½ tablespoons (22 mL) mirin
- 6 ounces (170 g) daikon, pared
- 3-inch (8-cm) piece large carrot, pared (about 2 ounces or 60 g)
- 1-inch (2.5-cm) cube pared, fresh ginger root
- ¼ cup (60 mL) rice vinegar
- 1½ tablespoons (22 mL) sugar
- 1 tablespoon (15 mL) vegetable oil
- ¼ cup (60 mL) thinly sliced green-onion tops

1. Make several short, shallow cuts, against the grain, on each steak. Place in large, shallow noncorrosive pan or glass dish. Mix garlic, soy sauce and mirin in small bowl. Pour over steaks; let stand 20 minutes, turning occasionally. Drain.



2. Cut daikon and carrot lengthwise into 1½-inch (4-cm) lengths; cut lengthwise into ⅛-inch (2-mm) thick slices. Stack slices and cut lengthwise into ⅛-inch (2-mm) wide strips. Cut ginger into ⅛-inch (2-mm) thick slices; stack slices and cut into ⅛-inch (2-mm) wide strips.

3. Stir vinegar and sugar in small bowl until sugar dissolves. Add daikon, carrot and ginger; let stand 5 minutes. Drain; squeeze lightly to remove excess moisture.

4. Heat vegetable oil in 12-inch (30-cm) skillet over medium-high heat. Add beef; sauté until brown, about 3 minutes. Turn; sauté until beef is cooked to desired doneness, 3 to 5 minutes.

5. Place beef on individual serving plates; sprinkle each serving with 1 tablespoon (15 mL) green onion. Serve with vegetable mixture.

Makes 4 servings



GINGER PORK SAUTÉ

BUTANIKU SHOGA-YAKI



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1 pound (450 g) boneless pork loin or tenderloin
 4 ounces (115 g) Chinese cabbage
 3 tablespoons (45 mL) soy sauce
 1 tablespoon (15 mL) fresh ginger juice
 1 tablespoon (15 mL) sake
 1 teaspoon (5 mL) sugar
 2 tablespoons (30 mL) vegetable oil

1. Cut pork crosswise into 1/8-inch (3-mm) thick slices.* Cut slices into 2-inch (5-cm) pieces.

2. Remove hard center sections from cabbage leaves, if necessary. Cut cabbage into 1-inch (2.5-cm) squares.

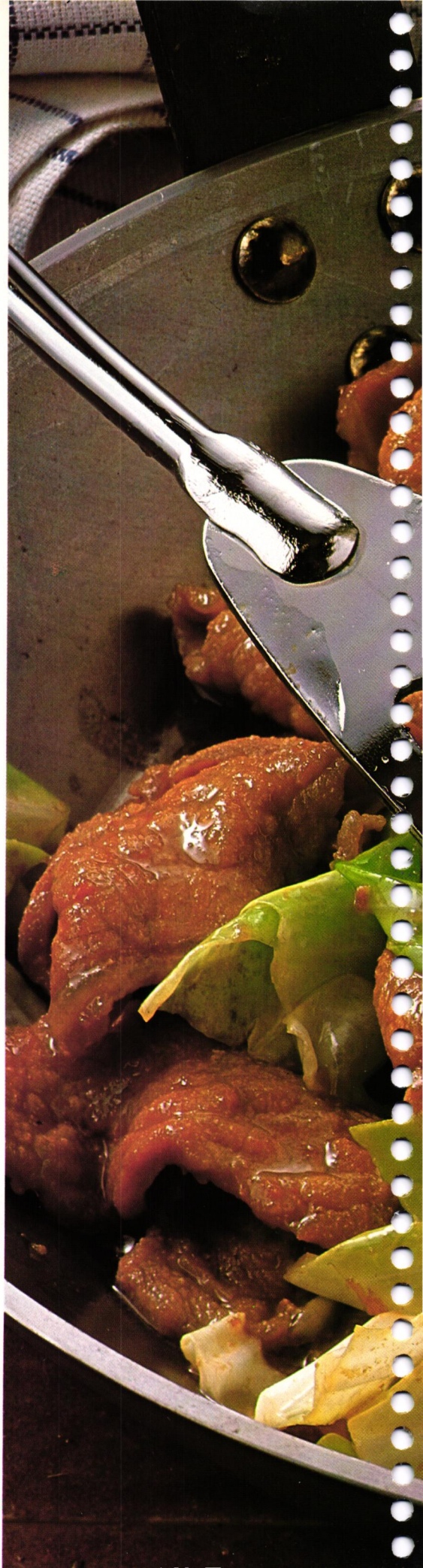
3. Mix soy sauce, ginger juice, sake and sugar in small bowl; stir until sugar dissolves.

4. Heat 1 tablespoon (15 mL) oil in 10-inch (25-cm) skillet over high heat. Add pork; sauté, stirring constantly, until pork is half cooked, about 3 minutes. Remove pork from pan; reserve.

5. Add remaining 1 tablespoon (15 mL) oil to skillet. Add cabbage; sauté, stirring constantly, until almost tender, 1 to 2 minutes. Return pork to skillet; add soy-sauce mixture. Cook, stirring occasionally, until pork is cooked through, 2 to 3 minutes. Serve immediately.

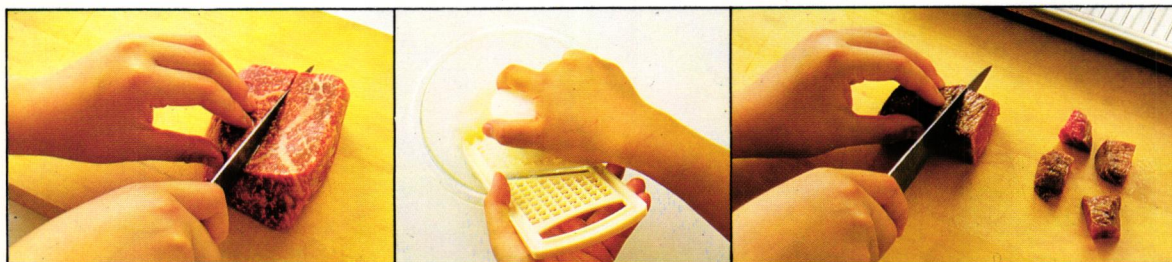
Makes 4 servings

***Note:** To facilitate slicing, freeze meat until firm but not frozen, 30 to 40 minutes. Cutting meat into very thin slices may take a bit of practice; have butcher slice meat, if desired.





RARE BEEF CUBES GYUNIKU SASHIMI



1 pound (450 g) beef tenderloin, about 2 inches (5 cm) thick
7 ounces (200 g) daikon
2 green onions, green part only
1 small lemon
2 teaspoons (10 mL) vegetable oil
1 quart (1 L) ice water
1 tablespoon (15 mL) soy sauce
1 teaspoon (5 mL) mirin

1. Trim fat from beef. Cutting against the grain, cut beef in half.

2. Grate daikon; drain any excess liquid (but do not squeeze). Cut green onions into $\frac{1}{8}$ -inch (3-mm) thick slices. Cut lemon crosswise in half. Cut four $\frac{1}{8}$ -inch (3-mm) thick slices from 1 piece of lemon. Squeeze juice from remaining lemon; reserve.

3. Brush beef lightly on all sides with 1 teaspoon (5 mL) oil. Heat remaining 1 teaspoon (5 mL) oil in medium skillet over high heat. Add beef; sauté just until brown — turning to brown all sides — about 2 minutes. Immediately transfer beef into ice water; let stand 2 minutes. Drain beef; pat dry with paper toweling. Cut into 1-inch (2.5-cm) cubes.

4. Mix soy sauce and mirin in a cup. Divide beef cubes among 4 individual serving bowls. Add lemon slice and grated daikon; top with green onion. Sprinkle with soy-sauce mixture and lemon juice. Pass additional soy sauce, if desired.

Makes 4 servings

SOY-SEASONED BEEF & POTATOES NIKUJAGA



12 ounces (340 g) boneless beef sirloin
1 pound (450 g) potatoes (about 4 medium)
1 quart (1 L) water
2 medium onions
1-inch (2.5-cm) cube pared, fresh ginger root
5 teaspoons (25 mL) vegetable oil
3 tablespoons (45 mL) sake
2 tablespoons (30 mL) sugar
3 tablespoons (45 mL) soy sauce

1. Cut beef across the grain into $\frac{1}{16}$ - to $\frac{1}{8}$ -inch (2- to 3-mm) thick slices. * Cut each slice into $1\frac{1}{2}$ -inch (4-cm) lengths. Pare potatoes and cut into quarters; cut quarters crosswise into

1-inch (2.5-cm) pieces. Place potatoes in 3 cups (750 mL) water in large bowl; soak 5 minutes. Drain.

2. Cut onions lengthwise in half; cut halves crosswise into $\frac{1}{8}$ -inch (3-mm) thick slices. Cut ginger into $\frac{1}{16}$ -inch (2-mm) thick slices; stack slices and cut into $\frac{1}{16}$ -inch (2-mm) wide strips. Reserve ginger.

3. Heat 2 teaspoons (10 mL) oil in heavy, 3-quart (3-L) saucepan over medium-high heat. Add beef; sauté, stirring occasionally, just until brown, about 2 minutes. Remove from pan; reserve.

4. Add remaining 3 teaspoons (15 mL) oil to

pan; heat over medium-high heat until hot. Add onions and potatoes; sauté, stirring constantly to coat well with oil, about 2 minutes.

5. Add remaining 1 cup (250 mL) water, the sake and sugar to pan; heat to boiling. Reduce heat to medium; boil gently 10 minutes. Add soy sauce and beef to pan; boil gently until potatoes are tender, 10 to 15 minutes. Serve immediately, with cooking liquid, garnished with ginger strips.

Makes 4 servings

***Note:** To facilitate slicing, freeze meat until firm but not frozen, 30 to 40 minutes. Cutting meat into very thin slices may take a bit of practice; have butcher slice meat, if desired.



PORK-AND-VEGETABLE PLATTER

YUDEBUTA

1 ¼ pounds (565 g) boneless pork loin or leg roast
 2 quarts (2 L) water
 1 small leek
 4 slices (½ inch or 3 mm thick) pared, fresh ginger root
 4 medium potatoes
 2 large carrots, pared
 4 ounces (115 g) green beans
 Boiling water, if needed
 Mustard Sauce (recipe follows)
 Sesame Seed Sauce (recipe follows)

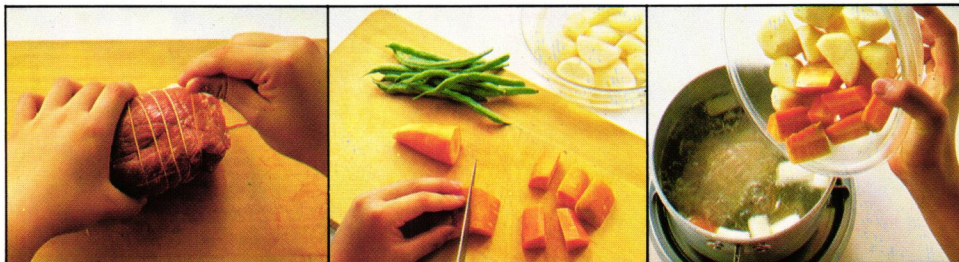
1. Tie pork at ¾-inch (2-cm) intervals with kitchen twine. Place pork in 3- or 4-quart (3- or 4-L) saucepan; add 1½ quarts (1.5 L) water (use more water, if necessary, to cover pork).

2. Cut leek crosswise into 1-inch (2.5-cm) lengths. Add leek and ginger to pork. Heat to boiling over high heat; reduce heat to medium. Boil gently, turning pork occasionally, 30 minutes.

3. Meanwhile, pare potatoes; cut into halves or quarters. Place in remaining 2 cups (500 mL) water in medium bowl. Soak 5 minutes; drain. Cut carrots crosswise into 1½-inch (4-cm) lengths; cut lengthwise into halves or quarters. Cut beans crosswise into halves.

4. Prepare Mustard Sauce and Sesame Seed Sauce.

5. Add potatoes and carrots to pork; add boiling water, if necessary, to cover pork and vegetables. Boil gently until pork is cooked through, 15 to 20 minutes longer. (To test pork for doneness, pierce to center of thick-



est part with knife; juice should run clear.) Add beans to pork; cook until beans are crisp-tender, 3 to 5 minutes.

6. Drain pork and vegetables; discard leek and ginger. Remove twine from pork. Cut pork into ¼-inch (6-mm) thick slices; arrange on serving platter with vegetables. Serve with Mustard Sauce and Sesame Seed Sauce for dipping.

Makes 4 servings

MUSTARD SAUCE

¼ cup (60 mL) soy sauce
 1 tablespoon (15 mL) sugar
 ¼ teaspoon (1 mL) grated, pared, fresh ginger root
 1 to 2 teaspoons (5 to 10 mL) prepared Japanese mustard

1. Mix soy sauce, sugar and ginger in small bowl; stir to dissolve sugar. Add mustard; stir until smooth.

Makes about 5 tablespoons (75 mL)

SESAME SEED SAUCE

¾ cup (180 mL) white sesame seeds
 1 tablespoon (15 mL) miso
 1 tablespoon (15 mL) sugar
 2 tablespoons (30 mL) mirin
 2 tablespoons (30 mL) rice vinegar
 2 tablespoons (30 mL) sake
 6 tablespoons (90 mL) soy sauce
 ¾ teaspoon (4 mL) prepared Japanese mustard
 1 to 4 tablespoons (15 to 60 mL) dashi, if desired

1. Heat sesame seeds in 8- or 10-inch (20- or 25-cm) skillet over medium-high heat, stirring or shaking pan constantly, until seeds are light brown and first popping sound occurs. Grind seeds using mortar and pestle or grinder until smooth.

2. Place sesame seed paste in small bowl; stir in remaining ingredients, except dashi. Mix well. If thinner sauce is preferred, stir in dashi, 1 tablespoon (15 mL) at a time, until desired consistency is achieved. (Refrigerate, covered, any leftover sauce up to 2 days.)

Makes about 1½ cups (375 mL)

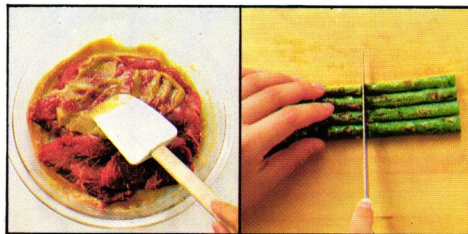
MISO-MARINATED BEEF SLICES

GYUNIKU MISO-ZUKE

3 tablespoons (45 mL) miso
 1½ tablespoons (22 mL) sugar
 1½ tablespoons (22 mL) sake
 1 tablespoon (15 mL) soy sauce
 1 pound (450 g) boneless beef sirloin slices, about ¼ inch (0.5 cm) thick
 2 cups (500 mL) water
 ¼ teaspoon (1 mL) salt
 4 stalks asparagus
 2 medium leeks
 1 tablespoon (15 mL) vegetable oil

1. Place miso, sugar, sake and soy sauce in shallow bowl or pie plate; stir to mix well. Add beef; coat slices thoroughly. Let stand 20 minutes; scrape off miso mixture from beef.

2. Heat water and salt to boiling in 2-quart



(2-L) saucepan over medium-high heat; add asparagus. Boil just until asparagus begins to soften, about 2 minutes. Drain well. Cut leeks crosswise into halves.

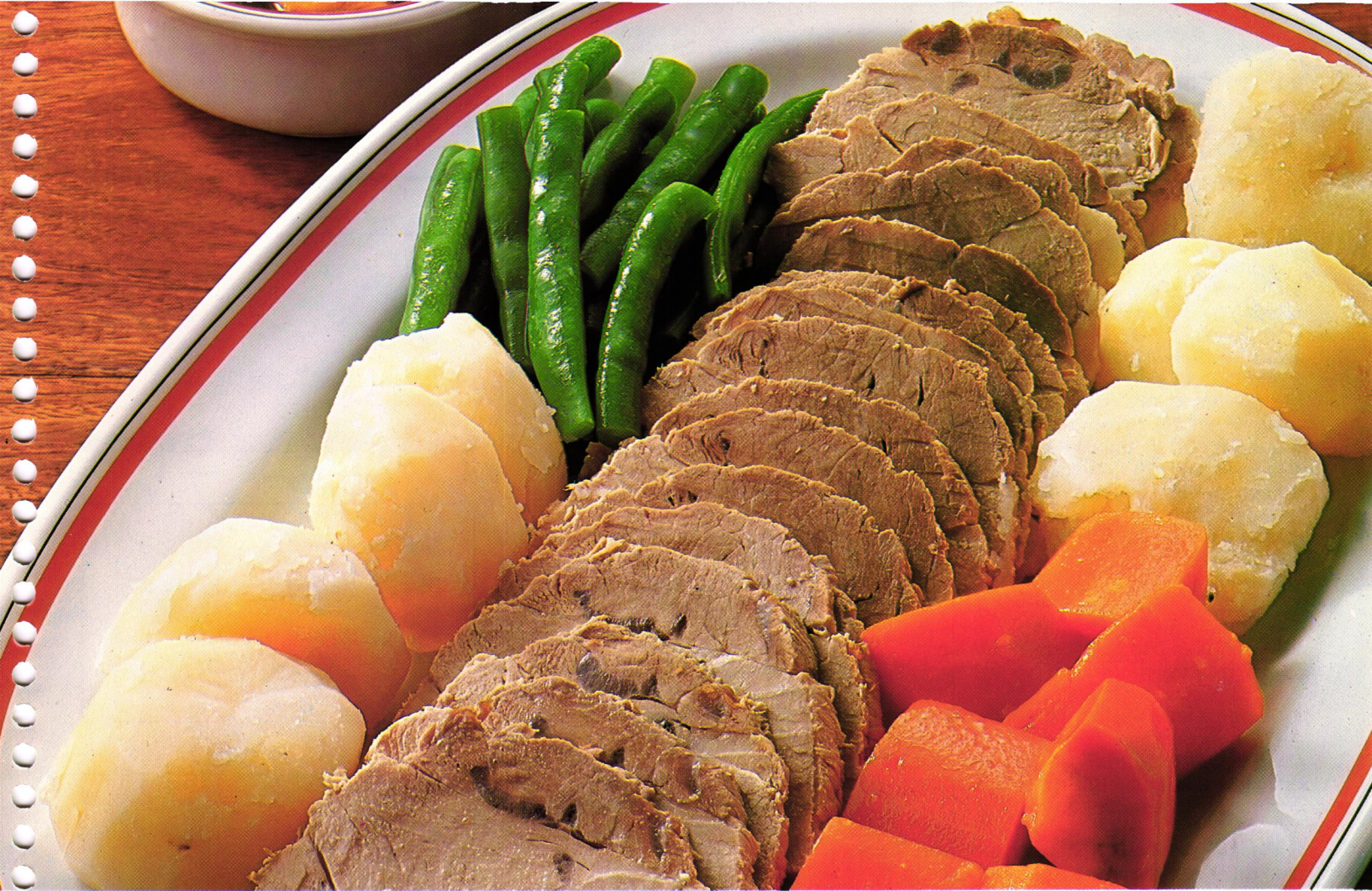
3. Heat oil in 12-inch (30-cm) skillet over medium heat. Add beef; sauté, turning occa-

sionally, until brown and cooked through, 2 to 3 minutes. Remove from skillet to warm serving plates.

4. Add asparagus and leeks to skillet; sauté over medium heat, turning occasionally, until tender, 1 to 1½ minutes. Remove from skillet; cut into 2-inch (5-cm) lengths. Serve beef and vegetables immediately.

Makes 4 servings

Note: Beef and vegetables may be grilled, if desired. Grill beef over medium heat, turning once, 2 to 4 minutes. Brush asparagus with 1 teaspoon (5 mL) oil (do not boil). Grill asparagus and leeks over medium heat, turning occasionally, just until tender. Sprinkle asparagus with salt after grilling.



YOSENABE

8 ounces (225 g) boned chicken or boneless beef sirloin
 8 ounces (225 g) fish fillets or steaks, such as cod, sea bream, sea bass or salmon*
 4 to 6 hard-shell clams*
 3 quarts (3 L) water
 8½ teaspoons (42 mL) salt
 4 large scallops (trimmed, if desired)*
 6 ounces (170 g) shucked oysters*
 4 to 8 large shrimp, in shells*
 8 fresh medium Chinese black mushrooms
 4 leaves Chinese cabbage
 1 or 2 leeks
 10 ounces (285 g) tofu

1 large carrot, 1 to 1½ inches (2.5 to 4 cm) in diameter
 8 ounces (225 g) shirataki filaments
 Ponzu Sauce (see Index)
 6 tablespoons (90 mL) grated, pared daikon, drained
 Pinch cayenne pepper
 1½ quarts (1.5 L) dashi
 1 tablespoon (15 mL) mirin
 1 tablespoon (15 mL) soy sauce
 Boiling water, if needed
 ¼ cup (60 mL) sliced green onion

**If desired, use only 2 or 3 of the seafood ingredients; increase proportionately the amounts of those selected.*

1. Cut chicken and fish fillets into 1¼-inch (3-cm) squares.

2. Place clams in medium bowl with 1 quart (1 L) water and 4 teaspoons (20 mL) salt; let stand 15 to 20 minutes. Rinse well under cold running water; drain. Rinse scallops under cold running water; drain.

3. Place oysters in sieve; lower into 1 quart (1 L) water mixed with 4 teaspoons (20 mL) salt in medium bowl. Soak 5 minutes. Rinse under cold running water; drain. Shell shrimp, leaving tail and section of shell nearest tail attached. Remove vein by inserting wooden pick under vein and lifting up gently.

4. Remove and discard stems from mushrooms; if desired, make shallow, V-shaped cuts in crisscross design on cap of each mushroom. Cut cabbage leaves into 2-inch (5-cm) squares. Cut leek diagonally into ½-inch (1.3-cm) thick slices. Cut tofu into 1-inch (2.5-cm) cubes; drain.

5. Cut carrot crosswise into ¼-inch (6-mm) thick slices. Heat remaining 1 quart (1 L) water to boiling in 2-quart (2-L) saucepan over high heat. Place carrot in sieve and lower into boiling water; cook 1 minute. Rinse under cold running water; drain. Add shirataki to boiling water; cook 2 minutes. Drain well; cut into 4-inch (10-cm) lengths.

6. Prepare Ponzu Sauce. Mix daikon with cayenne pepper in small bowl.

7. Place about ¼ each of the chicken, fish, shellfish, vegetables, shirataki and tofu in table-cooking utensil.** Use sufficient amounts to comfortably fill pot. Arrange remainder of these ingredients on platter.

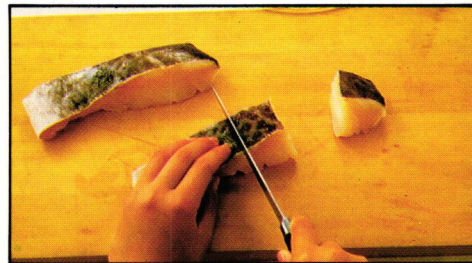
8. Place dashi, mirin, soy sauce and remaining ½ teaspoon (2 mL) salt in 3-quart (3-L) saucepan; heat to boiling over medium-high heat.

9. At the table, pour sufficient boiling dashi mixture over food in cooking pot to reach just below top of food. (Reserve any remaining dashi mixture over very low heat.) Adjust heat at table to maintain strong simmer throughout cooking. As each kind of food is cooked (3 to 5 minutes), diners are served or serve themselves from the cooking pot. Add remaining ingredients from platter, about ¼ at a time, as needed. Add hot dashi mixture or boiling water to pot to maintain satisfactory level of broth for cooking, if necessary.

10. For each person, place 3 tablespoons (45 mL) Ponzu Sauce in individual small bowls. As food is served, dip pieces into sauce mixed with choice of daikon or green onion. Pass any remaining Ponzu Sauce.

Makes 5 to 6 servings

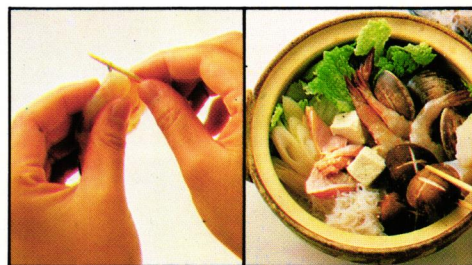
***Appropriate utensils for table-cooking include: Mongolian hot pot; cast-iron pot; earthenware pot or casserole; flameproof (not oven-proof) ceramic casserole; deep-sided electric skillet; chafing dish; or fondue pot. If utensil is not electric, a portable heat source, with adjustable heat, is needed. If necessary, use 2 utensils, divide broth and cook in both simultaneously. (If unavailable, cook on top of range and serve immediately.)*



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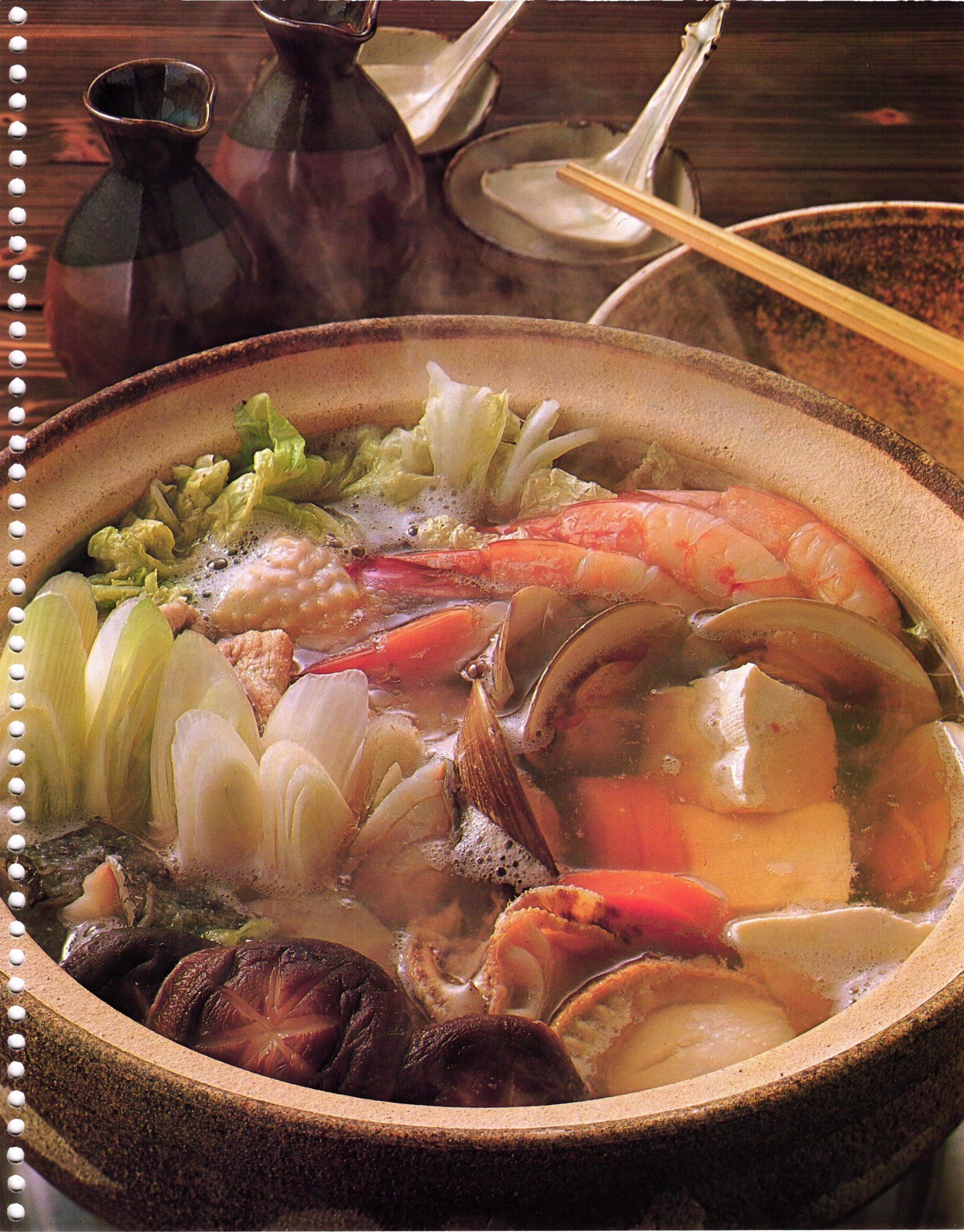


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7



9



SUKIYAKI

1 pound (450 g) boneless beef sirloin or tenderloin
 1 quart (1 L) plus ½ cup (125 mL) water
 8 ounces (225 g) shirataki filaments
 10 to 12 ounces (285 to 340 g) tofu
 8 to 10 fresh medium Chinese black mushrooms
 2 medium leeks
 4 ounces (115 g) spinach
 4 eggs
 ½ cup (125 mL) soy sauce
 ¼ cup (60 mL) sake
 ¼ cup (60 mL) mirin
 3 tablespoons (45 mL) sugar
 2 ounces (60 g) beef suet, cut into 2 or 3 pieces

1. Cut beef into ⅛-inch (2-mm) thick slices (see Note on page 58). Cut slices into 3- to 4-inch (8- to 10-cm) lengths.

2. Heat 1 quart (1 L) water to boiling in 2-quart (2-L) saucepan over high heat. Add shirataki; boil 2 minutes. Drain well; cut into 4-inch (10-cm) lengths. Cut tofu into 1- to 1½-inch (2.5- to 4-cm) cubes; drain.

3. Remove and discard stems from mushrooms; make shallow, V-shaped cuts in criss-cross design on cap of each mushroom, if desired. Cut leeks diagonally into ½-inch (1.3-cm) thick slices. Cut spinach leaves crosswise into halves.

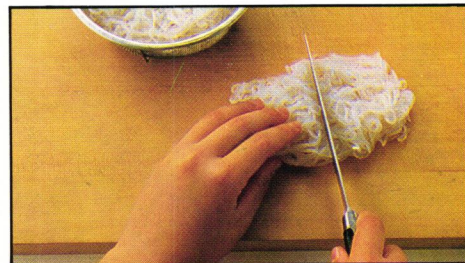
4. Arrange beef, shirataki, tofu, mushrooms, leeks and spinach on large platter. Break 1 egg into each of 4 small serving bowls.

5. Mix remaining ½ cup (125 mL) water, the soy sauce, sake, mirin and sugar in medium bowl or pitcher; stir to dissolve sugar. Reserve sauce.

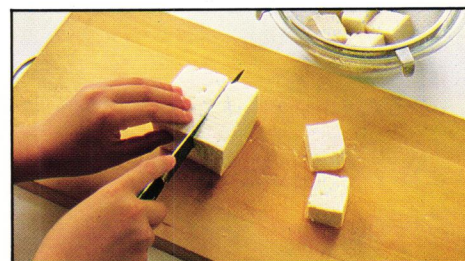
6. At the table, heat 10- to 12-inch (25- to 30-cm) skillet over medium-high heat. * Add beef suet; heat until partially melted and pan is evenly coated. Add several beef slices; cook until just beginning to brown, about 1 minute. Add about ½ of the sauce and about ⅓ of the tofu, shirataki, mushrooms, leeks and spinach, as well as more beef slices. Cook, turning ingredients to coat with sauce, until foods reach desired doneness. As each kind of food is cooked, diners are served or serve themselves from the skillet. Each person mixes the egg and uses as dipping sauce for hot food. Add food and sauce to skillet as needed until all ingredients are cooked.

Makes 4 servings

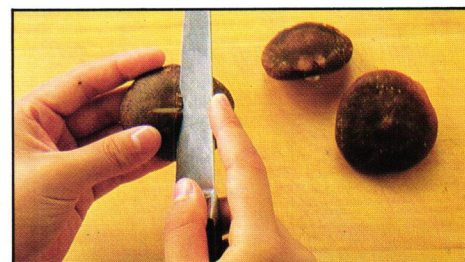
**For cooking at the table, use electric skillet or use chafing dish or heavy skillet with portable heat source, such as a hot plate. If unavailable, cook on top of range and serve immediately. Food must be served hot so that light coating of egg actually "cooks" onto food when dipped.*



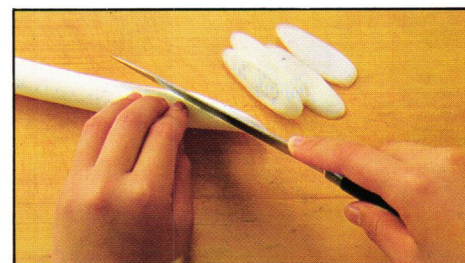
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3



SHABU-SHABU

1 pound (450 g) boneless beef sirloin or tenderloin
 2½ quarts (2.5 L) water
 8 ounces (225 g) shirataki filaments
 10 ounces (285 g) tofu
 8 fresh medium Chinese black mushrooms
 4 leaves Chinese cabbage
 4 ounces (115 g) spinach, if desired
 2 medium leeks
 1 piece (4-inches or 10-cm square) dried kelp (konbu)
 Sesame Seed Sauce (see Index)
 Ponzu Sauce (see Index)
 6 tablespoons (90 mL) grated, pared daikon, drained
 6 tablespoons (90 mL) thinly sliced green-onion tops
 Boiling water, if needed
 ½ teaspoon (2 mL) salt, if desired
 2 cups (500 mL) cooked udon noodles, if desired

1. Cut beef into ⅛-inch (2-mm) thick slices (see Note on page 58). Cut slices into 3- or 4-inch (8- or 10-cm) lengths.

2. Heat 1 quart (1 L) water to boiling in 2-quart (2-L) saucepan over high heat. Add shirataki; boil 2 minutes. Drain well; cut into 4-inch (10-cm) lengths. Cut tofu into 1-inch (2.5-cm) cubes; drain.

3. Remove and discard stems from mushrooms; if desired, make shallow, V-shaped cuts in crisscross design on cap of each mushroom. Cut cabbage leaves into 2-inch (5-cm) squares. Cut spinach leaves crosswise into halves. Cut leeks diagonally into ¼-inch (6-mm) thick slices.

4. Arrange beef, shirataki, tofu, mushrooms, cabbage, spinach and leeks on platters.*

5. Wipe kelp gently with damp cloth to remove any sand (but not the white powder) that may adhere to surface. Using scissors, cut kelp crosswise into 4 equal strips.

6. For dipping sauces: Prepare Sesame Seed Sauce and Ponzu Sauce. For **each** person, place 1½ tablespoons (22 mL) daikon in small bowl and 1½ tablespoons (22 mL) green onion in second small bowl. (As food is served, each person mixes choice of sauces, mixing Sesame Sauce with green onion and Ponzu Sauce with daikon and/or green onion.)

7. At the table, place remaining 1½ quarts (1.5 L) water and the kelp in appropriate cooking utensil.** Heat to boiling over medium-high heat; just **before** water boils, remove and discard kelp.

8. Add about ¼ each of the vegetables, shirataki and tofu to pot. As food is added to

pot, adjust heat to maintain strong simmer. As each kind of food is cooked (1 to 3 minutes), diners are served or serve themselves from the cooking pot. Add remainder of these ingredients, about ¼ at a time, as needed. Skim foam from broth occasionally. Add up to 1½ cups (375 mL) boiling water to pot to maintain satisfactory level of broth for cooking, if necessary.

9. To cook beef: Each person, using chopsticks or fondue fork, takes 1 slice at a time and swishes beef back and forth in simmering broth until cooked to desired doneness, 10 to 45 seconds. Cook beef at the same time that other ingredients are cooking.

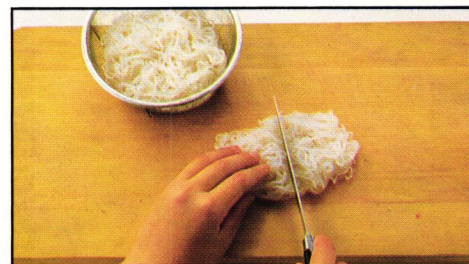
10. Dip hot, cooked pieces of food into sauce of choice.

11. If desired, after meat and vegetables are served, add salt and/or cooked udon noodles to cooking broth; simmer 3 minutes. Ladle into individual bowls; serve.

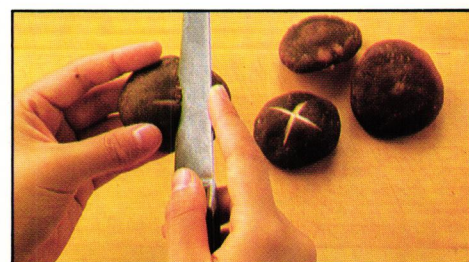
Makes 4 servings

**Recipe can be prepared up to this point several hours in advance. Wrap ingredients on platters in plastic wrap; refrigerate. Allow to come to room temperature before cooking.*

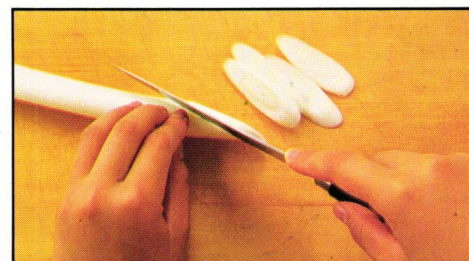
***Appropriate utensils for table-cooking include: Mongolian hot pot; cast-iron pot; earthenware pot or casserole; flameproof (not oven-proof) ceramic casserole; deep-sided electric skillet; chafing dish; or fondue pot. If utensil is not electric, a portable heat source, with adjustable heat, is needed. If necessary, use 2 utensils, divide broth and cook in both simultaneously. If desired, Step 7 can be completed on top of range; transfer boiling broth to table-cooking utensil. If portable heat source is unavailable, complete cooking on top of range and serve immediately.*



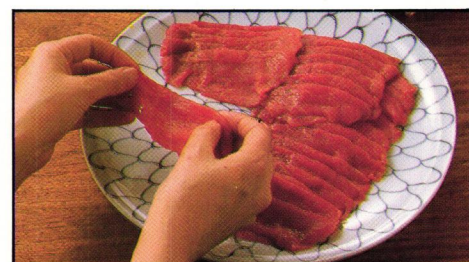
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3



4



TEPPAN-YAKI

4 hard-shell clams
3 quarts (3 L) water
4¼ teaspoons (21 mL) salt
1¼ pounds (565 g) boneless meat
(beef, chicken, lamb, liver, pork)*
8 large shrimp, in shells
8 fresh medium Chinese black mushrooms
4 small green bell peppers
2 leeks
1 or 2 medium yellow onions
1 large carrot, 1 to 1½ inches (2.5 to 4 cm) in diameter
2 small ears corn, husked
1 or 2 medium (white- or yellow-fleshed) sweet potatoes

2 small, thin eggplants (about 3 ounces or 85 g each)
Sesame Seed Sauce (see Index)
Ponzu Sauce (recipe follows)
6 tablespoons (90 mL) grated, pared daikon, drained
3 tablespoons (45 mL) thinly sliced green onion
Seven-spice powder
2 to 3 tablespoons (30 to 45 mL) prepared Japanese mustard
2 tablespoons (30 mL) vegetable oil

**Use 2 or 3 kinds of "meat," dividing the 1¼-pounds (565-g) total amount among them as desired.*

1. Place clams in medium bowl with 1 quart (1 L) water and 4 teaspoons (20 mL) salt; let stand 15 to 20 minutes. Rinse well under cold running water; drain.

2. Cut meat into 1/16- to 1/8-inch (2- to 3-mm) thick slices (see Note on page 58). [If using chicken or liver, cut into 1½-inch (4-cm) squares.]

3. Shell shrimp, leaving tail and section of shell nearest tail attached. Remove vein by inserting wooden pick under vein and lifting gently.

4. Remove and discard stems from mushrooms. Cut green peppers lengthwise into halves or quarters. Cut leeks crosswise into 2-inch (5-cm) lengths. Cut yellow onions crosswise into ¼-inch (6-mm) thick slices. Insert wooden pick horizontally through each onion slice to prevent rings from separating.

5. Cut carrot crosswise into ¼-inch (6-mm) thick slices. Cut corn crosswise into 1½-inch (4-cm) lengths. Heat 1 quart (1 L) water to boiling in 2-quart (2-L) saucepan over high heat. Place carrot in sieve and lower into boiling water; cook 1 minute. Rinse under cold running water; drain. Add remaining ¼ teaspoon (1 mL) salt and the corn to boiling water. Reduce heat to medium; simmer 2 minutes. Drain.

6. Cut sweet potatoes crosswise into ¼-inch (6-mm) thick slices; place in 2 cups (500 mL) water in medium bowl. Let stand 5 minutes; drain. Cut eggplants diagonally into ¼-inch (6-mm) thick slices; place in remaining 2 cups (500 mL) water in medium bowl. Let stand 5 minutes; drain.

7. For dipping sauces: Prepare Sesame Seed Sauce and Ponzu Sauce. For **each** person, place about ¼ cup (60 mL) Sesame Seed

Sauce in small bowl and ¼ cup (60 mL) Ponzu Sauce in second small bowl. As food is served, each person mixes sauces with choice of daikon, green onion, seven-spice powder and/or mustard.

8. Arrange meat, seafood and vegetables on platter.

9. At the table, heat oil in 10- or 12-inch (25- or 30-cm) skillet over medium-high heat.** Add about ¼ each of the meat, seafood and vegetables to skillet; cook, stirring and turning occasionally, until cooked to desired doneness, 4 to 6 minutes. As each kind of food is cooked, diners are served or serve themselves from the skillet. Add remaining ingredients from platter, about ¼ at a time, as needed.

10. Dip hot, cooked pieces of food into sauce of choice. Pass remaining sauces as needed.
Makes 4 servings

***For cooking at the table, use electric skillet or use heavy skillet or griddle with portable heat source, such as a hot plate. If unavailable, cook on top of range and serve immediately.*

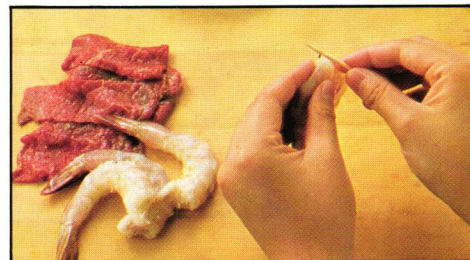
PONZU SAUCE

½ cup (125 mL) lemon juice*
½ cup (125 mL) soy sauce
6 tablespoons (90 mL) dashi
2 tablespoons (30 mL) mirin

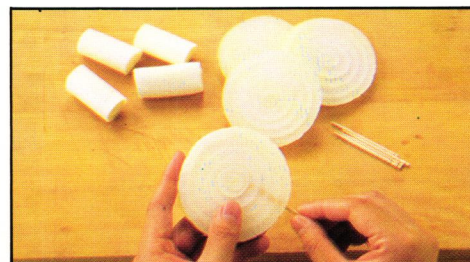
**If desired, use ¼ cup (60 mL) lemon juice and ¼ cup (60 mL) lime juice.*

1. Combine all ingredients. Reserve at room temperature. (Refrigerate, covered, any left-over sauce.)

Makes 1½ cups (375 mL)



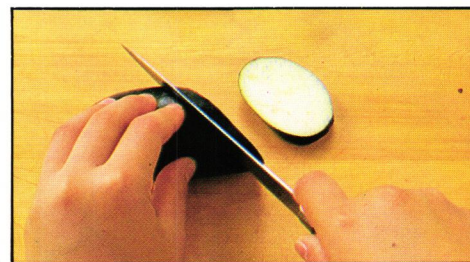
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6



MIZUTAKI

2 pounds (900 g) chicken pieces
 2 quarts (2 L) boiling water
 1 piece (4-inches or 10-cm square) dried kelp (konbu)
 2 tablespoons (30 mL) rice
 3 quarts (3 L) water
 1 tablespoon (15 mL) sake
 1 teaspoon (5 mL) salt
 ½ teaspoon (2 mL) sugar
 4 leaves Chinese cabbage
 8 fresh medium Chinese black mushrooms
 10 ounces (285 g) tofu
 2 leeks

1 large carrot, 1 to 1½ inches (2.5 to 4 cm) in diameter
 8 ounces (225 g) shirataki filaments
 Ponzu Sauce (see Index)
 5 to 6 tablespoons (75 to 90 mL) grated, pared daikon, drained
 Pinch cayenne pepper
 2 to 3 tablespoons (30 to 45 mL) thinly sliced green onion
 Lime or lemon wedges
 Seven-spice powder or sansho powder
 2 cups (500 mL) cooked udon noodles, if desired

1. Using heavy knife or cleaver, cut chicken into 1½-inch (4-cm) pieces. Place in sieve or colander; pour 2 quarts (2 L) boiling water slowly over chicken to rinse thoroughly.

2. Wipe kelp gently with damp cloth to remove any sand (but not the white powder) that may adhere to surface. Using scissors, cut kelp crosswise into 4 equal strips. Place rice in center of 4-inch (10-cm) square of cheese-cloth; secure with string to form "rice bag."

3. Place chicken, kelp, 2 quarts (2 L) water, the rice, sake, salt and sugar in large kettle; heat to boiling over medium-high heat. Remove and discard kelp just **before** water boils. Reduce heat to medium; simmer, skimming foam occasionally, until chicken is tender, about 30 minutes. Remove and discard rice. Remove chicken pieces and place in table-cooking utensil.* Strain cooking broth; add to chicken.

4. While chicken is simmering, cut cabbage leaves into 2-inch (5-cm) squares. Remove and discard stems from mushrooms; if desired, make shallow, V-shaped cuts in crisscross design on cap of each mushroom. Cut tofu into 1-inch (2.5-cm) cubes; drain. Cut leeks diagonally into ½-inch (1.3-cm) thick slices.

5. Cut carrot crosswise into ¼-inch (6-mm) thick slices; if desired, cut slices into decorative shapes using knife or vegetable cutter. Heat remaining 1 quart (1 L) water to boiling in 2-quart (2-L) saucepan over high heat. Place carrot in sieve and lower into boiling water; cook 1 minute. Rinse under cold running water; drain. Add shirataki to boiling water; cook 2 minutes. Drain well; cut into 4-inch (10-cm) lengths.

6. Prepare Ponzu Sauce. Mix daikon with cayenne pepper in small bowl. Arrange cabbage, mushrooms, tofu, leeks, carrot and shirataki on platter.**

7. At the table, heat chicken and broth to boiling over medium-high heat; add about ¼ each of the vegetables, shirataki and tofu to pot. As food is added to pot, adjust heat to maintain strong simmer. As each kind of food is cooked (2 to 4 minutes), diners are served or serve themselves from the cooking pot. Add remaining vegetables, shirataki and tofu, about ¼ at a time, as needed.

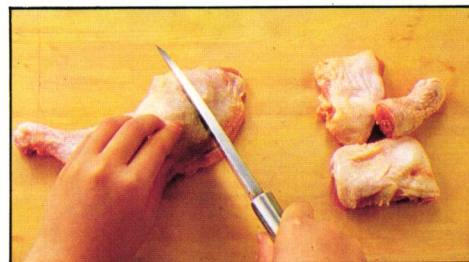
8. For each person, place ¼ cup (60 mL) Ponzu Sauce in individual small bowls. As food is served, dip pieces into sauce mixed with choice of daikon, green onion, lime and/or seven-spice powder. Pass remaining Ponzu Sauce as needed.

9. If desired, after chicken and vegetables are served, add cooked udon noodles to broth; simmer 3 minutes. Ladle into individual bowls; serve.

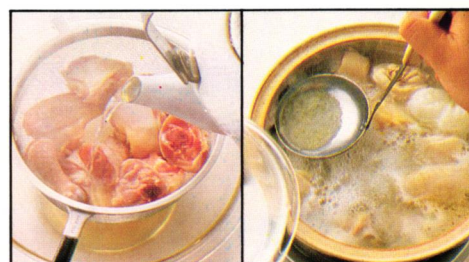
Makes 4 servings

**Appropriate utensils for table-cooking include: Mongolian hot pot; cast-iron pot; earthenware pot or casserole; flameproof (not oven-proof) ceramic casserole; deep-sided electric skillet; chafing dish; or fondue pot. If utensil is not electric, a portable heat source, with adjustable heat, is needed. If necessary, use 2 utensils, divide broth and cook in both simultaneously. If unavailable, cook on top of range and serve immediately.*

***Recipe can be prepared up to this point several hours in advance. Cool chicken and broth to room temperature; refrigerate. Wrap ingredients on platter in plastic wrap; refrigerate. Allow all to come to room temperature before cooking.*



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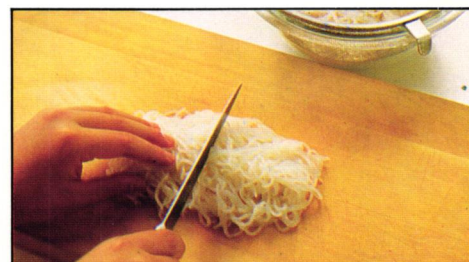


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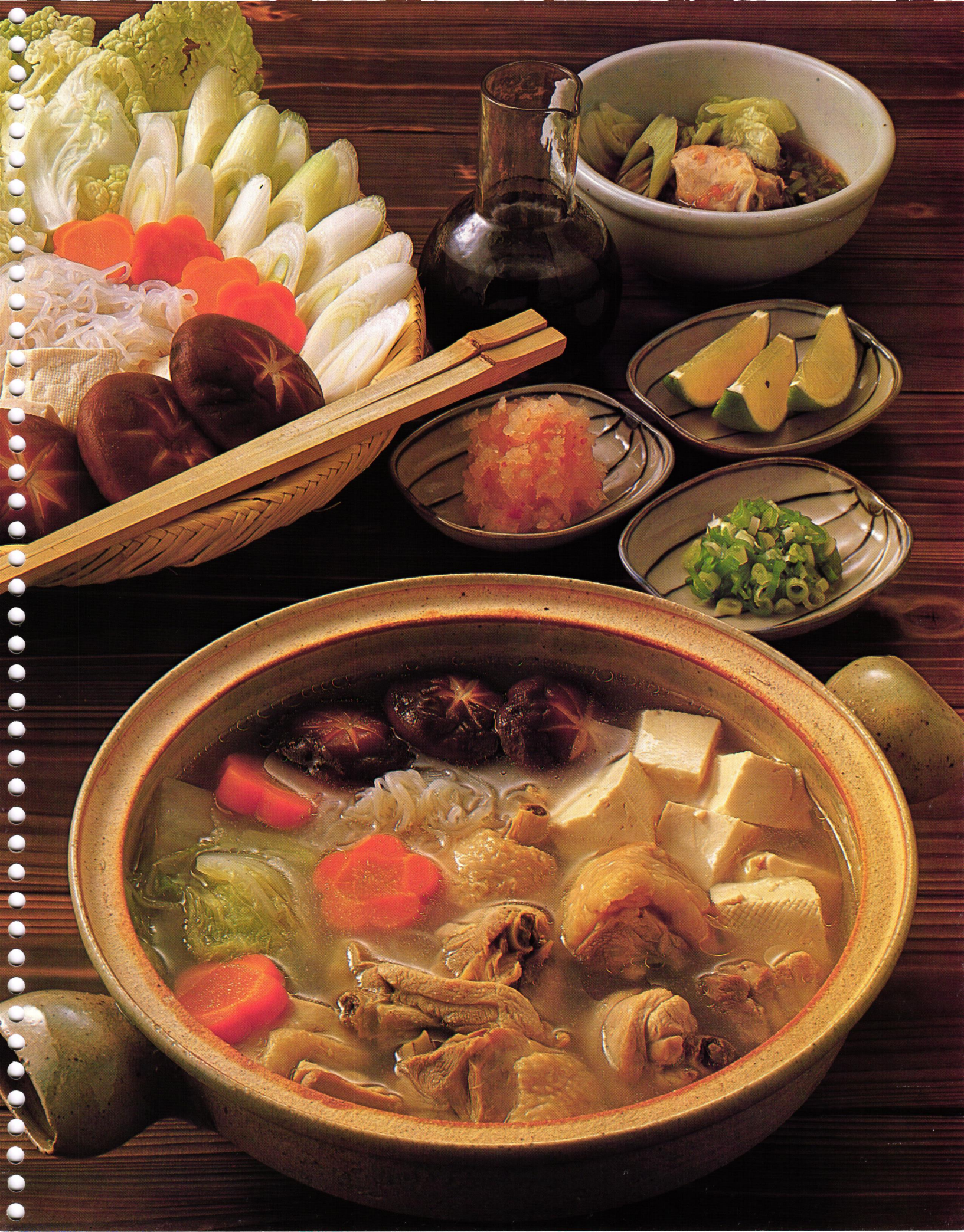
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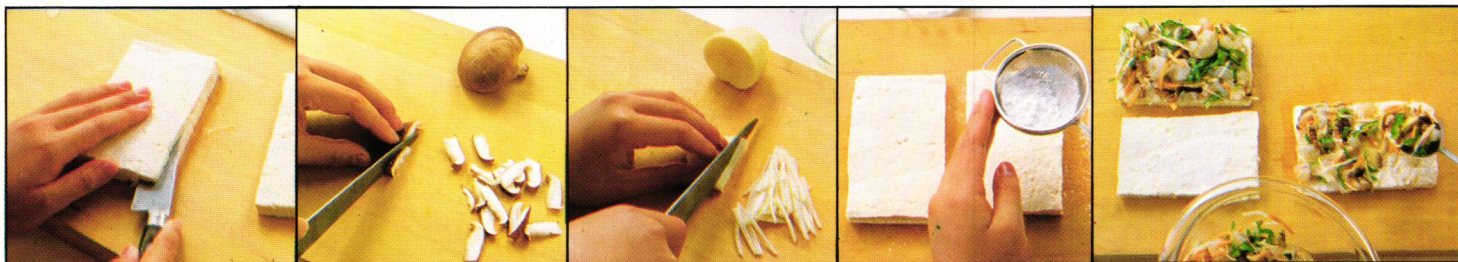


5



TOFU SAUTÉ

ABURA-YAKIDOFU



- 1 ¼ pounds (565 g) tofu, drained
 2 fresh medium Chinese black mushrooms
 1 medium carrot, pared
 1 small potato
 1 cup (250 mL) cold water
 1 small green bell pepper
 4 to 6 ounces (115 to 170 g) tiny shrimp, shelled (deveined, if desired)
 1 egg white
 ¼ cup (60 mL) plus 1 teaspoon (5 mL) soy sauce
 1 tablespoon (15 mL) sake
 ¼ teaspoon (1 mL) salt
 6 tablespoons (90 mL) cornstarch
 2 teaspoons (10 mL) rice vinegar
 2 tablespoons (30 mL) vegetable oil

1. Cut tofu horizontally into ¾-inch (1-cm) slices. Press with dry paper toweling to remove moisture; repeat several times.

2. Remove and discard stems from mush-

rooms. Cut caps into halves or quarters; cut halves into ¼-inch (2-mm) wide slices. Cut carrot crosswise into 1-inch (2.5-cm) lengths; cut lengthwise into ¼-inch (2-mm) thick slices. Stack slices and cut into ¼-inch (2-mm) wide strips.

3. Pare potato; cut crosswise into ¼-inch (2-mm) thick slices. Stack slices and cut into ¼-inch (2-mm) wide strips. Place in the cold water in small bowl; soak 5 minutes. Drain. Cut green pepper lengthwise into 1-inch (2.5-cm) wide strips; cut crosswise into ¼-inch (2-mm) wide strips.

4. Mix mushroom, carrot, potato, green pepper, shrimp, egg white, 1 teaspoon (5 mL) soy sauce, the sake and salt in medium bowl. Sprinkle ¼ cup (60 mL) cornstarch over shrimp mixture; stir to mix well.

5. Lay tofu flat on work surface; sieve one side of tofu slices with remaining 2 table-

spoons (30 mL) cornstarch. Spread shrimp mixture evenly on tofu slices; layer of shrimp mixture should be about ½ inch (1.3 cm) thick. Press mixture lightly.

6. Mix remaining ¼ cup (60 mL) soy sauce and the rice vinegar in small bowl; reserve sauce.

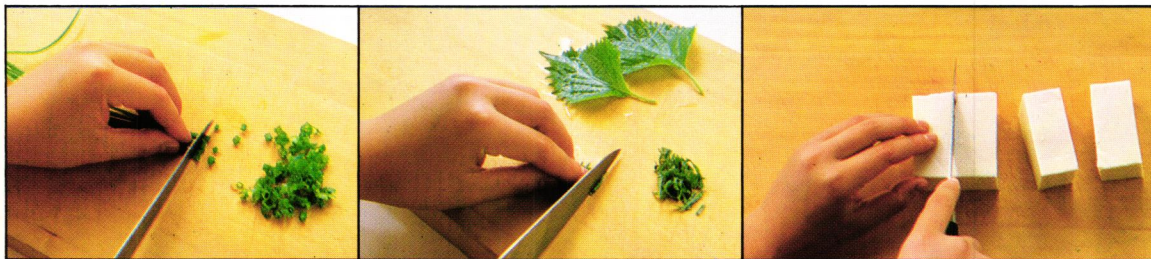
7. Heat 1 tablespoon (15 mL) oil in 12-inch (30-cm) skillet over high heat. Add tofu, shrimp-side-down; sauté until light brown, 3 to 4 minutes. Carefully turn tofu slices over, using large spatula. Add remaining 1 tablespoon (15 mL) oil to skillet; sauté tofu until light brown, 2 to 3 minutes longer.

8. Carefully cut tofu slices crosswise into 2 or 3 pieces, if desired. Transfer to platter or individual serving plates; pour reserved sauce over tofu. Serve immediately.

Makes 4 to 5 servings

FRESH TOFU WITH CONDIMENTS

HIYAYAKKO



- 3 or 4 green onions
 3 green shiso leaves
 4 teaspoons (20 mL) soy sauce
 1 pound (450 g) tofu, drained
 ¼ cup (60 mL) dried bonito flakes
 2 tablespoons (30 mL) grated, pared, fresh ginger root

1. Cut green onions into ⅜-inch (3-mm) thick slices. Remove stems from shiso; cut lengthwise into ½-inch (1.3-cm) wide strips. Stack strips; cut crosswise into ¼-inch (2-mm) wide strips.

2. Place 1 teaspoon (5 mL) soy sauce in each of 4 small bowls for dipping sauce.

3. Cut tofu into pieces, approximately 1½ x 3 x 1 inches (4 x 8 x 2.5 cm). Place about ¼ of the tofu in each of 4 serving bowls.

4. Sprinkle shiso, green onions and bonito flakes over tofu, dividing evenly. Place 1½ teaspoons (7 mL) ginger next to tofu in each bowl. Serve, dipping tofu briefly in soy sauce, as desired.

Makes 4 servings



SAVORY STEAMED EGG CUSTARD

CHAWAN-MUSHI



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2½ cups (625 mL) dashi
4 teaspoons (20 mL) sake
2½ teaspoons (12 mL) light soy sauce
1 teaspoon (5 mL) salt
6 ounces (170 g) skinned and boned chicken
8 medium shrimp, in shells
4 medium or 8 small fresh Chinese black mushrooms
1 small carrot, pared
2 ounces (60 g) spinach
¼ cup (60 mL) water
1 piece (1-inch or 2.5-cm square) lemon rind
4 large eggs
3 to 4 cups (750 mL to 1 L) boiling water

1. Heat dashi, 1 tablespoon (15 mL) sake, 1½ teaspoons (7 mL) soy sauce and the salt in 1-quart (1-L) saucepan over medium-high heat until hot; stir to dissolve salt. Cool completely.

2. Cut chicken into 1-inch (2.5-cm) squares; place in small bowl. Stir in remaining 1 teaspoon (5 mL) sake and 1 teaspoon (5 mL) soy sauce; let stand 10 minutes. Drain.

3. Shell each shrimp, leaving tail and section of shell nearest tail attached. Remove veins. Remove and discard mushroom stems; if using medium mushrooms, cut caps into halves. Cut carrot crosswise into ⅛-inch (3-mm) thick slices; if desired, cut slices into halves or quarters.

4. Place spinach and ¼ cup (60 mL) water in 1-quart (1-L) saucepan; heat to boiling over high heat. Reduce heat to medium; simmer 2 minutes. Drain. Cut spinach into 1-inch (2.5-cm) lengths.

5. Cut lemon rind into ⅛-inch (2-mm) wide strips; reserve.

6. Mix eggs well with fork in large bowl; do not beat. Stir dashi mixture gently into eggs

in slow, steady stream. Strain egg mixture through fine sieve or cheesecloth.

7. Place chicken, shrimp, mushrooms, carrot and spinach in 4 individual custard bowls, dividing evenly. (Use sturdy coffee cups or mugs, if desired.) Ladle ¼ of the egg mixture into each bowl, leaving at least ½-inch (1.3-cm) space at top of each bowl. Cover each bowl with aluminum foil.

8. Place boiling water to a depth of about 1 inch (2.5 cm) in steamer (or large kettle); set bowls in steamer basket (or on rack above water). Cover steamer with vented lid (or position kettle lid so small amount of steam can escape). Place steamer over medium-high heat 1 minute; reduce heat and adjust to maintain steady, gentle steam. Steam until wooden pick inserted in custard comes out clean, 15 to 20 minutes. Carefully remove bowls from steamer. Serve hot, garnished with lemon strips.

Makes 4 servings

ROLLED OMELET

DASHIMAKI TAMAGO

4 large eggs
5 tablespoons (75 mL) dashi
1 tablespoon (15 mL) mirin
1 teaspoon (5 mL) sugar
½ teaspoon (2 mL) plus dash light soy sauce
¼ teaspoon (1 mL) salt
Vegetable oil
2 tablespoons (30 mL) grated, pared daikon

1. Mix eggs well in medium bowl (a bowl with a spout or a large measuring cup is recommended for ease of pouring egg mixture). Add dashi, mirin, sugar, ½ teaspoon (2 mL) soy sauce and the salt; stir until sugar is dissolved.

2. Heat square or rectangular Japanese skillet (tamago pan) over medium heat; brush skillet lightly with oil, using a pastry brush or a

paper towel held with tongs. (Skillet is proper temperature if a bit of egg put in pan sizzles.)

3. Add about ⅓ of the egg mixture to skillet, tilting pan, if necessary, to coat bottom evenly; cook until egg sets on bottom, 30 seconds to 1 minute (egg should still be very moist on top). Using spatula or chopsticks, roll egg carefully, but quickly, jelly-roll style; begin at one end of skillet and roll to other end of pan.* If desired, remove skillet from heat while rolling egg each time to prevent overcooking.

4. Brush skillet with oil, moving rolled egg as necessary. With rolled egg at end of skillet, add ½ of remaining egg mixture; tilt skillet and lift rolled egg carefully so that newly added mixture flows under roll. Cook and roll egg as in Step 3, using first rolled egg as the core of the roll. Repeat with remaining egg mixture.

5. Remove completed omelet from skillet and place on bamboo mat or heavy cloth. Roll up omelet in mat to firm the shape and, holding vertically, gently squeeze to release excess liquid; let stand 1 to 2 minutes.

6. Mix daikon with dash soy sauce in small cup. Unwrap omelet; cut crosswise into 4 equal slices. Place 2 slices, cut-sides-up, on each serving plate; place small mound of daikon mixture on each plate.**

Makes 2 servings

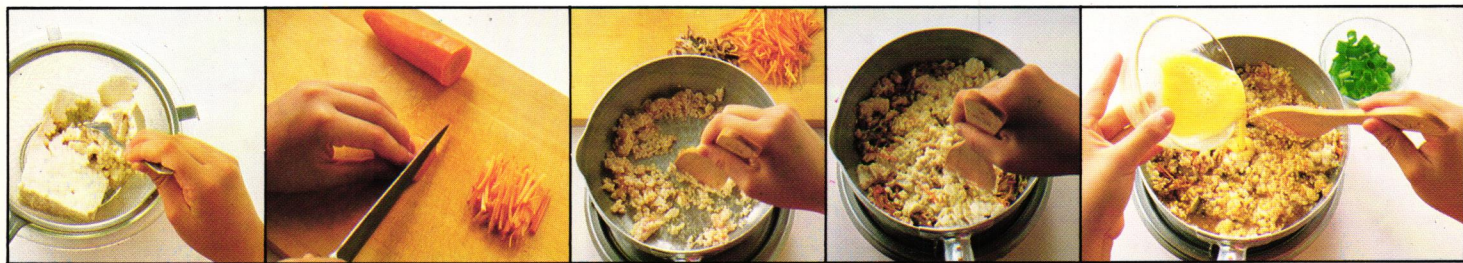
**To make slightly rectangular shape, fold egg instead of rolling. Using 1½ to 2 inches (4 to 5 cm) of egg layer for each fold, proceed from one end of skillet to the other as if folding a letter.*

***Rolled Omelet may also be served cold or at room temperature as a snack or in sushi; cut into ½-inch (1.3-cm) slices or bars.*



RIDOFU

TOFU WITH CHICKEN AND VEGETABLES



- 4 dried medium Chinese black mushrooms
2 cups (500 mL) hot water
10 ounces (285 g) tofu, drained
1 piece (3 inches or 8 cm) carrot, pared (about 1 inch or 2.5 cm in diameter)
4 green onions
2 tablespoons (30 mL) soy sauce
1 tablespoon (15 mL) sugar
1 tablespoon (15 mL) vegetable oil
4 ounces (115 g) ground chicken (about 1 cup or 250 mL)
½-inch (1.3-cm) cube pared, fresh ginger root, minced
1½ tablespoons (22 mL) sake
1 egg, well mixed

1. Soak mushrooms in the hot water until tender, about 20 minutes; drain. Remove and discard stems from mushrooms. Cut caps into halves; cut halves crosswise into ⅛-inch (2-mm) thick slices.

2. Place tofu in sieve over medium bowl. Using fork, crumble tofu coarsely; drain.

3. Cut carrot crosswise in half; cut halves lengthwise into ⅛-inch (2-mm) thick slices. Stack slices and cut into ⅛-inch (2-mm) wide strips. Cut green onions into ½-inch (1.3-cm) lengths.

4. Mix soy sauce and sugar in small bowl; stir to dissolve sugar. Reserve.

5. Heat oil in 2-quart (2-L) saucepan over high heat. Add chicken; sauté, stirring constantly, 3 minutes. Add ginger, carrot and mushrooms to chicken; sauté, stirring constantly, until carrot is tender, 2 to 3 minutes.

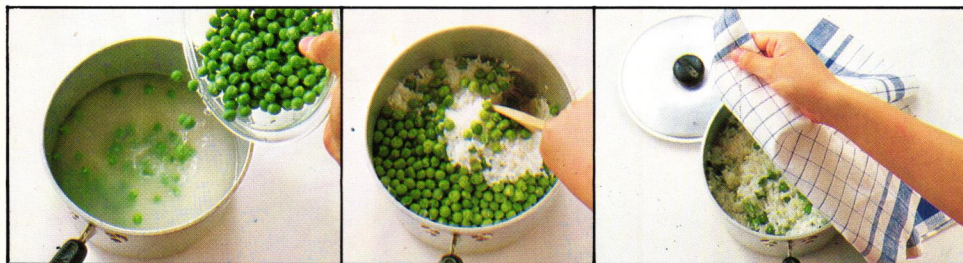
6. Add tofu to chicken mixture; cook, stirring gently, until tofu is hot, 1 to 2 minutes. Pour sake over chicken mixture; cook and stir 1 minute.

7. Stir in soy-sauce mixture and egg; cook, stirring gently, until egg is soft-set, 1 to 2 minutes. Add onions; stir to mix well. Serve immediately or cool to room temperature.

Makes 4 servings

RICE & GREEN PEAS

AOMAME GOHAN



- 2½ cups (625 mL) short-grain rice
Cold water
2¾ cups (680 mL) water
2 teaspoons (10 mL) salt
1½ cups (375 mL) fresh or frozen green peas
2 tablespoons (30 mL) sake

1. Place rice in large bowl or pan; add cold water to cover. Stir rice gently with fingers several times (water will become cloudy or milky); drain rice in colander. Repeat washing and draining 3 or 4 times until water remains almost clear.

2. Place rice in heavy, 3-quart (3-L) saucepan that has tight-fitting lid. Add 2¾ cups (680 mL) water; soak 30 minutes.

3. About 5 minutes before cooking, sprinkle 1 teaspoon (5 mL) salt over green peas.

4. Add sake and remaining 1 teaspoon salt (5 mL) to rice and soaking water; stir to mix

well. Sprinkle peas over rice (do not stir). Heat, covered, to full boiling over medium-high heat. Reduce heat to low; simmer, covered, until all liquid is absorbed, about 15 minutes. Do not lift lid during cooking.

5. Remove pan from heat; let stand, covered, 15 minutes. Gently fold together rice and peas using wooden spoon or paddle.

6. Lay dry kitchen towel over top of saucepan; cover towel with lid. Let stand 5 to 10 minutes to absorb excess moisture. Transfer to large serving bowl or individual small bowls.

Makes 4 to 5 servings



FOX NOODLES

KITSUNE UDON

- 1 small leek
- 3 or 4 pieces (about 3x6x ¼ inches or 8x15x0.6 cm each) deep-fried tofu
- 1 quart (1 L) boiling water
- 2 quarts (2 L) water
- 14 ounces (400 g) dried udon noodles
- 3 cups (750 mL) cold water
- 1½ quarts (1.5 L) dashi
- 2 tablespoons (30 mL) sugar
- 6½ tablespoons (97 mL) soy sauce
- 3 tablespoons (45 mL) mirin
- ½ teaspoon (2 mL) salt
- Seven-spice powder

1. Cut leek diagonally into ¼-inch (6-mm) thick slices.

2. Place tofu in sieve; pour boiling water over tofu, turning to rinse both sides. Drain; pat dry with paper toweling. Cut each piece tofu crosswise in half; cut each half diagonally into 2 triangles.

3. Heat 2 quarts (2 L) water to boiling in large kettle over high heat. Add noodles, a few at a time, stirring gently to separate. When water returns to full rolling boil, add 1 cup (250 mL) cold water; repeat 2 more times, using remaining cold water. When water returns to boiling, check for doneness; cook noodles until firm-tender (do not overcook). * Drain in colander; rinse under cool running water. Drain; cover with damp kitchen towel.

4. Place tofu, 1 cup (250 mL) dashi and the sugar in 2-quart (2-L) saucepan; heat to boiling over medium-high heat. Reduce heat to medium; simmer 3 minutes. Add 1½ tablespoons (22 mL) soy sauce; simmer until almost all liquid is absorbed. Remove from heat.

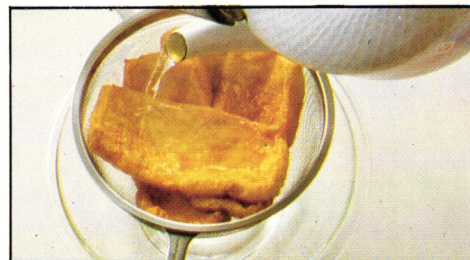
5. Meanwhile, heat remaining 5 cups (1250 mL) dashi and 5 tablespoons (75 mL) soy sauce, the mirin and salt to boiling in 2-quart (2-L) saucepan over high heat. Add leek; remove broth from heat.

6. Place warm noodles** in individual serving bowls, dividing evenly; top with tofu. Ladle broth carefully over center of tofu (so that some leek remains on top of tofu) to a level even with top of noodles. Serve immediately; pass seven-spice powder.

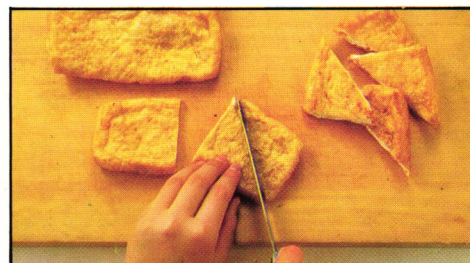
Makes 4 to 5 servings

**Cooking time depends upon thickness and content of noodles; follow individual package directions for proper cooking time. (If desired, omit cold water and cook noodles at full rolling boil until firm-tender, 7 to 11 minutes.)*

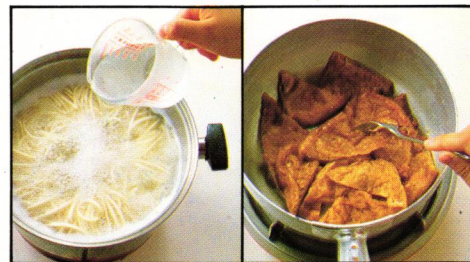
***If noodles have cooled, place in sieve and immerse briefly in pan of boiling water; drain.*



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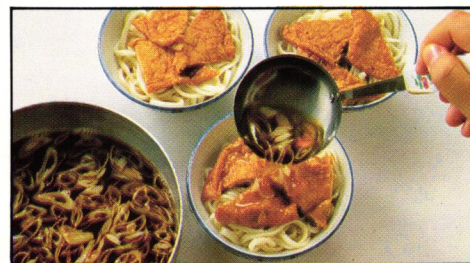


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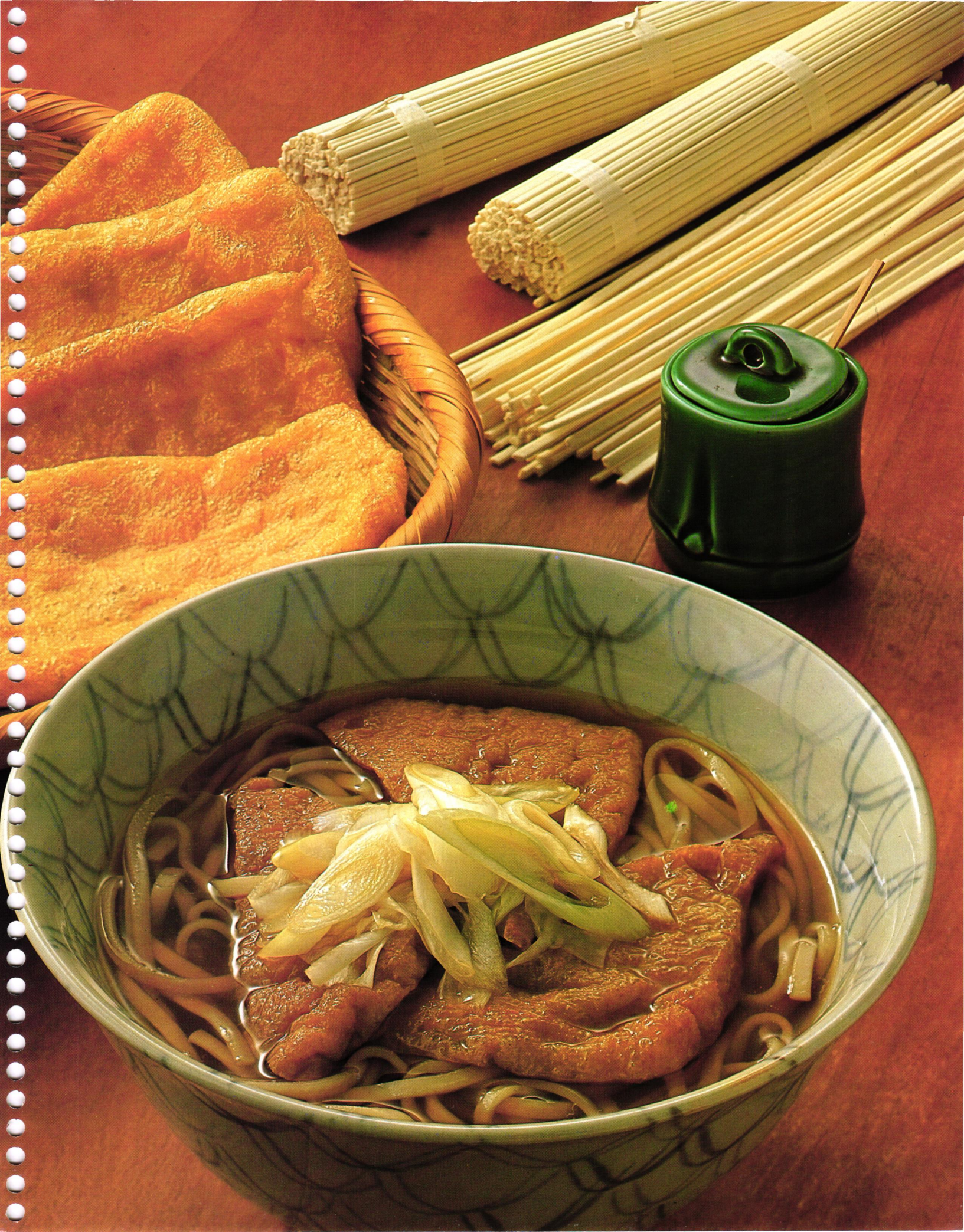


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RICE WITH CHICKEN & VEGETABLES

TAKIKOMI-GOHAN

2½ cups (625 mL) short-grain rice
 Cold water
 4 dried medium Chinese black mushrooms
 1½ cups (375 mL) hot water
 1 large carrot, pared
 8 ounces (225 g) boned chicken breast (skinned, if desired)
 2 pieces (about 3x6x¼ inches or 8x15x0.6 cm each) deep-fried tofu
 3 cups (750 mL) boiling water
 ¼ cup (60 mL) sake
 3 tablespoons (45 mL) plus 1 teaspoon (5 mL) soy sauce
 2 teaspoons (10 mL) sugar
 1 teaspoon (5 mL) salt
 1 to 1½ cups (250 to 375 mL) water

1. Place rice in large bowl or pan; add cold water to cover. Stir rice gently with fingers several times (water will become cloudy or milky); drain rice in colander. Repeat washing and draining 3 or 4 times until water remains almost clear. Place rice in colander; drain 30 minutes.

2. Soak mushrooms in 1½ cups (375 mL) hot water in small bowl until tender, about 20 minutes. Remove mushrooms from bowl; squeeze slightly to extract water. Strain and reserve 1 cup (250 mL) of the soaking water. Remove and discard stems from mushrooms. Cut caps into ⅛- to ¼-inch (3- to 6-mm) wide strips.

3. Cut carrot crosswise into 1-inch (2.5-cm) lengths; cut lengthwise into ⅛-inch (3-mm) thick slices. Stack slices and cut lengthwise into ⅛-inch (3-mm) wide strips. Cut chicken into 1-inch (2.5-cm) squares.

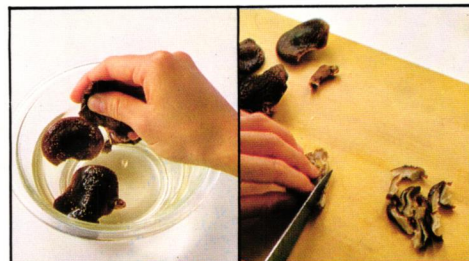
4. Place tofu in sieve; pour boiling water slowly over tofu, turning to rinse both sides. Drain; pat dry with paper toweling. Cut each piece lengthwise in half; cut each half crosswise into ¼-inch (6-mm) wide strips.

5. Place reserved mushroom soaking liquid, 2 tablespoons (30 mL) sake, 3 tablespoons (45 mL) soy sauce, the sugar and salt in 3-quart (3-L) saucepan; heat to boiling over medium-high heat. Add mushrooms and carrots; boil gently 3 minutes. Add chicken and tofu; boil gently until chicken is cooked through, 4 to 6 minutes. Drain chicken mixture, reserving cooking liquid. Cover chicken mixture; keep warm.

6. Add enough water to reserved cooking liquid to bring amount to 2¾ cups (680 mL) liquid; place in heavy, 3-quart (3-L) saucepan that has tight-fitting lid. Add remaining 2 tablespoons (30 mL) sake and 1 teaspoon (5 mL) soy sauce; stir in rice. Heat, covered, to full boiling over medium-high heat. Reduce heat to low; simmer, covered, until all liquid is absorbed, about 15 minutes. Do not lift lid during cooking. Remove from heat; let stand, covered, 15 minutes.

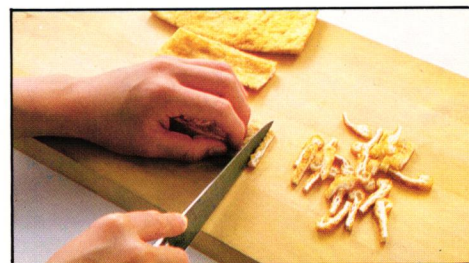
7. Gently fold chicken mixture into rice using wooden spoon or paddle. Lay dry kitchen towel over top of saucepan; cover towel with lid. Let stand 5 to 10 minutes to absorb excess moisture. Transfer to 4 individual serving bowls.

Makes 4 servings

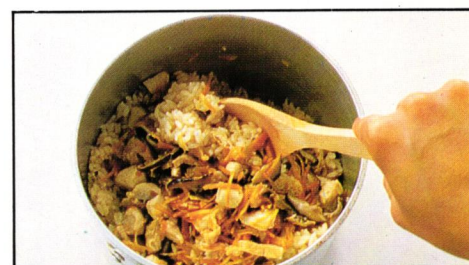


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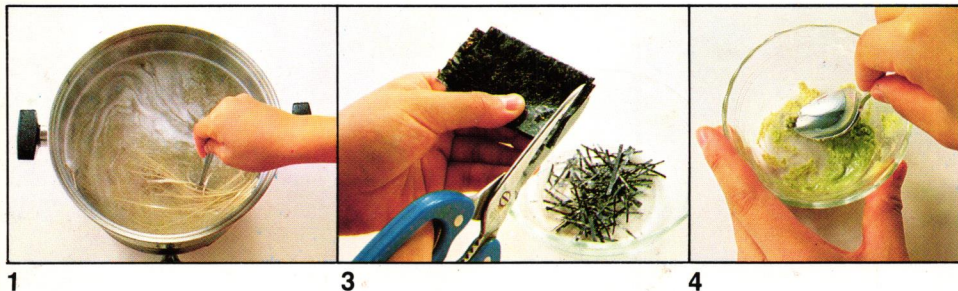
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BUCKWHEAT NOODLE BASKET ZARU-SOBA



2 quarts (2 L) water
 12 ounces (340 g) dried soba (buckwheat) noodles
 3 cups (750 mL) cold water
 1½ cups (375 mL) dashi
 5 tablespoons (75 mL) soy sauce
 3 tablespoons (45 mL) mirin
 1 tablespoon (15 mL) sugar
 1 piece (3½ x 8 inches or 9 x 20 cm) toasted nori
 2 green onions
 4 teaspoons (20 mL) wasabi powder
 Warm water

1. Heat 2 quarts (2 L) water to boiling in large kettle over high heat. Add noodles, a few at a time, stirring gently to separate. When water returns to full rolling boil, add 1 cup (250 mL) cold water; repeat twice, using remaining cold water. When water returns to full boiling, check for doneness; cook noodles until firm-tender (do not overcook).* Drain in colander; rinse well and cool under cold running water. Drain; cover with damp kitchen towel. Cool completely.

2. Heat dashi, soy sauce, mirin and sugar to boiling in 1-quart (1-L) saucepan over medium-high heat; stir to dissolve sugar. Cool dipping sauce completely. (Refrigerate, covered, if desired.)

3. Using scissors, cut nori crosswise into quarters; cut quarters crosswise into ⅛-inch (3-mm) wide strips.

4. Cut green onions crosswise into ⅛-inch (3-mm) thick slices. Mix wasabi with just enough warm water to make thick paste; cover and let stand 10 minutes.

5. Place noodles in 4 medium serving bowls or plates, dividing evenly; top each with ¼ of the nori. (Traditionally, these noodles are served in bamboo baskets or boxes.) Place ½ cup (125 mL) dipping sauce in each of 4 small serving bowls. Dip noodles in sauce that is mixed with choice of green onion and/or wasabi.

Makes 4 servings

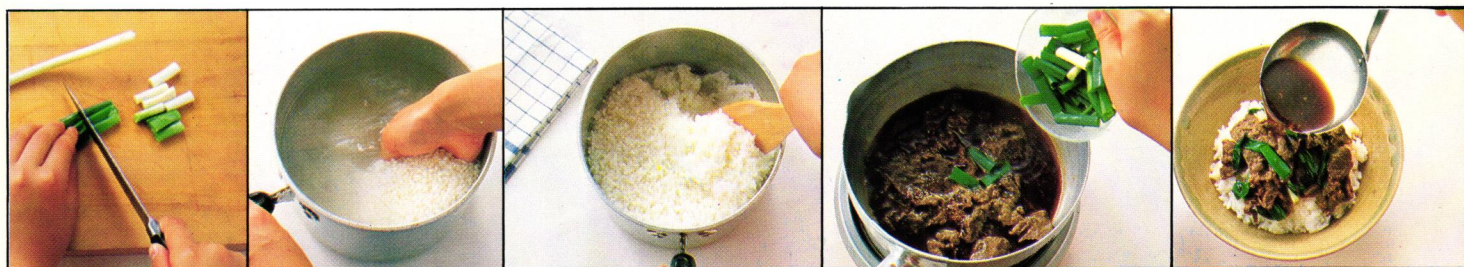
**Cooking time depends upon thickness and content of noodles; follow individual package directions for proper cooking time. (If desired, omit cold water and cook noodles at full rolling boil until firm-tender, about 5 minutes.)*





RICE & BEEF BOWL

GYUDON



12 ounces (340 g) boneless beef sirloin
6 green onions
2½ cups (625 mL) short-grain rice
Cold water
3 cups (750 mL) water
½ teaspoon (2 mL) salt
¼ cup (60 mL) mirin
¼ cup (60 mL) soy sauce

1. Cut beef into ⅛-inch (3-mm) thick slices (see Note on page 58). Cut slices into strips about 1 inch (2.5 cm) wide and 2 or 3 inches (5 or 8 cm) long. Cut green onions crosswise into 1-inch (2.5-cm) lengths. Reserve.

2. Place rice in large bowl or pan; add cold water to cover. Stir rice gently with fingers

several times (water will become cloudy or milky); drain rice in colander. Repeat washing and draining 3 or 4 times until water remains almost clear. Place rice in heavy, 3-quart (3-L) saucepan that has a tight-fitting lid. Add 2¾ cups (680 mL) water; soak 30 minutes.

3. Add salt to rice and soaking water; stir gently. Heat, covered, to full boiling over medium-high heat. Reduce heat to low; simmer, covered, until liquid is absorbed, about 15 minutes. Do not lift lid during cooking.

4. Remove pan from heat; let stand, covered, 15 minutes. Using wooden spoon or paddle, gently fluff rice with folding motions. Lay dry

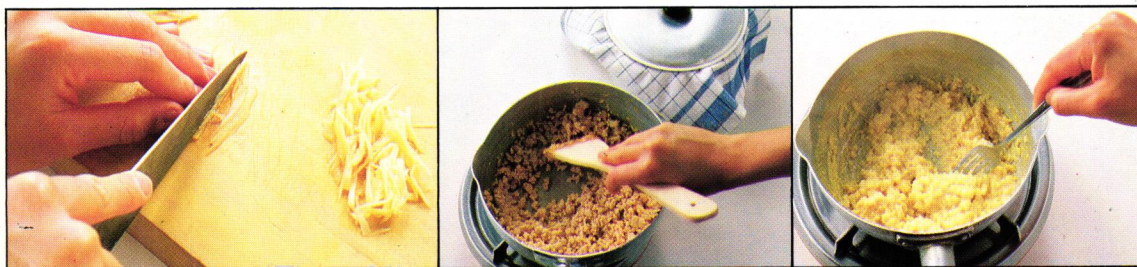
kitchen towel over top of saucepan; cover towel with lid. Let stand about 10 minutes to absorb excess moisture.

5. About 10 minutes before serving, heat remaining ¼ cup (60 mL) water, the mirin and soy sauce in 2-quart (2-L) saucepan to boiling over medium-high heat. Add beef; boil until beef reaches desired doneness, 3 to 5 minutes. Add green onions; boil 30 seconds. Remove from heat.

6. Divide rice among 4 individual serving bowls. Place equal amounts of beef and onions over rice in each bowl. Ladle equal amounts of cooking liquid into each bowl. Serve immediately. *Makes 4 servings*

THREE-TOPPED RICE

SANSHOKU-GOHAN



2½ cups (625 mL) short-grain rice
Cold water
2¾ cups (680 mL) water
½ teaspoon (2 mL) salt
1 ounce (30 g) Pickled Ginger Slices
 (see Index)
1½ cups (375 mL) fresh or frozen green peas
1½ cups (375 mL) water
½ teaspoon (2 mL) salt
2 tablespoons (30 mL) sake
1 tablespoon (15 mL) plus 1 teaspoon (5 mL) soy sauce
2 tablespoons (30 mL) sugar
1 teaspoon (5 mL) fresh ginger juice
8 ounces (225 g) ground chicken
4 eggs, lightly beaten

1. Prepare rice, using first 4 ingredients, according to directions in Steps 2, 3 and 4 of Rice & Beef Bowl (see above). After removing rice from heat, proceed with remainder of recipe.

2. Cut Pickled Ginger Slices into ⅛-inch (2-mm) wide strips; reserve.

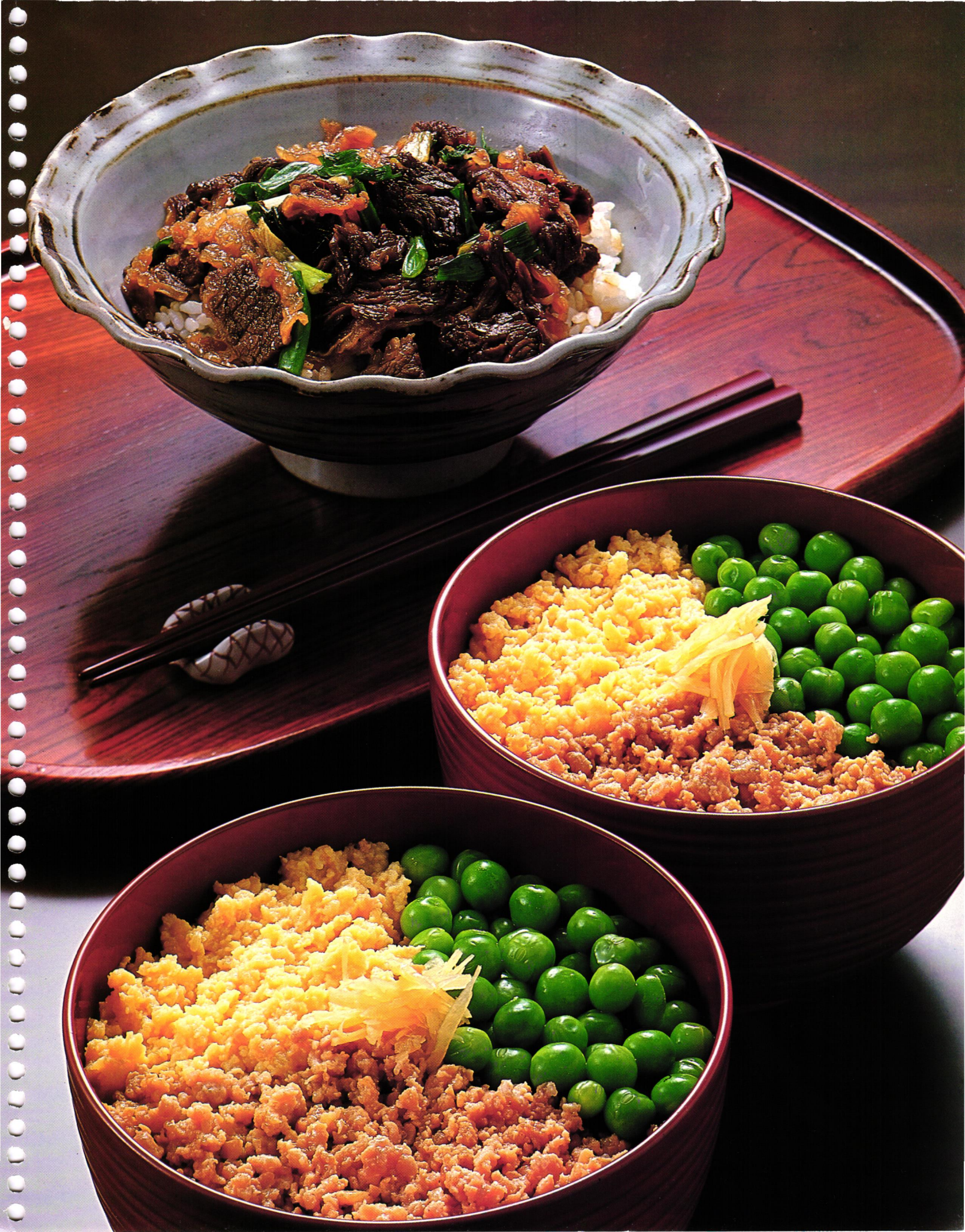
3. Place peas, 1½ cups (375 mL) water and ½ teaspoon (2 mL) salt in 1-quart (1-L) saucepan. Heat to boiling over medium-high heat; boil until tender, about 4 minutes. Drain well.

4. Place 1 tablespoon (15 mL) sake, 1 tablespoon (15 mL) soy sauce, 1 tablespoon (15 mL) sugar and the ginger juice in 2-quart

(2-L) saucepan; heat to boiling over high heat. Add chicken; cook, stirring to break up, until chicken is cooked through, 3 to 4 minutes. Turn off heat.

5. Place eggs, remaining 1 tablespoon (15 mL) sake, 1 teaspoon (5 mL) soy sauce and 1 tablespoon (15 mL) sugar in 2-quart (2-L) saucepan; stir to mix well. Cook over medium-low heat, stirring constantly with fork to break up egg mixture, until eggs are set, but still moist, 3 to 5 minutes. Remove from heat.

6. Divide rice among 4 individual serving bowls. Place equal amounts of chicken, eggs and peas over rice in triangular patterns. Garnish with ginger strips. *Makes 4 servings*



CHILLED SUMMER NOODLES

HYASHI SOMEN

1¼ cups (310 mL) dashi
 6 tablespoons (90 mL) mirin
 6 tablespoons (90 mL) soy sauce
 2½ quarts (2.5 L) water
 12 to 14 ounces (340 to 400 g) dried somen noodles
 2 cups (500 mL) cold water
 12 medium or 8 large shrimp, in shells
 ¼ teaspoon (1 mL) salt
 2 small tomatoes
 1 long, thin cucumber (preferably unwaxed)
 2 green onions
 1 quart (1 L) ice water
 8 to 12 ice cubes
 2 tablespoons (30 mL) grated, pared, fresh ginger
 root

1. Heat dashi, mirin and soy sauce to boiling in 1-quart (1-L) saucepan. Cool completely. Refrigerate dipping sauce, covered, until cold.

2. Heat 2 quarts (2 L) water to boiling in large kettle over high heat. Add noodles, a few at a time, stirring gently to separate. When water returns to full rolling boil, add 1 cup (250 mL) cold water; repeat, using remaining cold water. When water returns to full boiling, check for doneness; cook noodles until firm-tender (do not overcook). * Drain in colander; rinse well and cool under cold running water. Drain; cover with damp kitchen towel. Cool completely.

3. Shell each shrimp leaving tail and section of shell nearest tail attached. Remove veins. Heat remaining 2 cups (500 mL) water and the salt to boiling in 2-quart (2-L) saucepan over high heat; add shrimp. When water returns to boiling, reduce heat to medium; simmer until shrimp are opaque and firm, 2 to 3 minutes. Drain; cool completely.

4. Cut each tomato lengthwise into 6 wedges. Cut cucumber diagonally into ⅛-inch (3-mm) thick slices. Cut green onions into ⅛-inch (3-mm) thick slices.

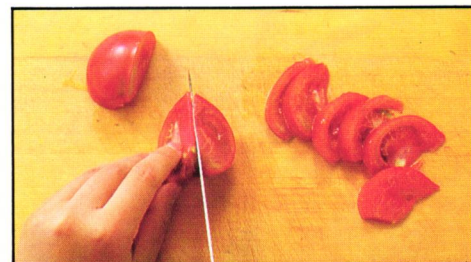
5. Place noodles in 4 medium serving bowls, dividing evenly; add ice water to a level even with top of noodles. Add 2 or 3 ice cubes to each bowl. Top each serving with shrimp, tomato and cucumber. Place ¼ cup (60 mL) dipping sauce in each of 4 small serving bowls. Dip noodles, shrimp and vegetables in sauce mixed with choice of green onion and/or ginger. Pass remaining dipping sauce.

Makes 4 servings

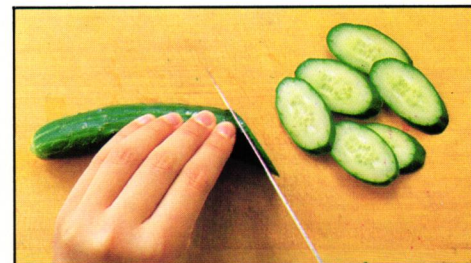
**Cooking time depends upon thickness and content of noodles; follow individual package directions for proper cooking time. (If desired, omit cold water and cook noodles at full rolling boil until firm-tender, 4 to 5 minutes.)*



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SIMMERED NOODLE CASSEROLES

NABEYAKI UDON

2½ quarts (2.5 L) water
 14 ounces (400 g) dried udon noodles
 3 cups (750 mL) cold water
 8 ounces (225 g) boned and skinned chicken
 6 tablespoons (90 mL) plus 1 teaspoon (5 mL) soy sauce
 1 tablespoon (15 mL) sake
 ¾ teaspoon (4 mL) salt
 4 ounces (115 g) spinach
 4 to 6 large green onions
 1 medium carrot, pared
 4 medium or 8 to 12 small fresh Chinese mushrooms
 5⅓ cups (1.4 L) dashi
 ½ teaspoon (2 mL) sugar
 3 tablespoons (45 mL) mirin
 4 eggs
 Seven-spice powder

1. Heat 2 quarts (2 L) water to boiling in large kettle over high heat. Add noodles, a few at a time, stirring gently to separate. When water returns to full rolling boil, add 1 cup (250 mL) cold water; repeat 2 more times, using remaining cold water. When water returns to boiling, check for doneness; cook noodles until firm-tender (do not overcook). * Drain in sieve or colander; rinse under cold running water. Drain; cover with damp kitchen towel.

2. Cut chicken into 1-inch (2.5-cm) squares. Place chicken in small bowl; sprinkle with 1 tablespoon (15 mL) soy sauce and the sake. Let stand 10 minutes; drain.

3. Place remaining 2 cups (500 mL) water, ¼ teaspoon (1 mL) salt and the spinach in 2-quart (2-L) saucepan; heat to boiling over high heat. Reduce heat to medium; simmer 2 minutes. Rinse under cold running water; drain. Squeeze spinach gently to remove excess moisture. Cut into 1-inch (2.5-cm) lengths.

4. Cut green onions into 1½-inch (4-cm) lengths. Cut carrot crosswise into ⅛-inch (3-mm) thick slices; if desired, cut slices into halves or quarters. Remove and discard stems from mushrooms; if desired, make shallow, V-shaped cuts in crisscross design on cap of each mushroom.

5. Place ⅔ cup (160 mL) dashi, 1 teaspoon (5 mL) soy sauce, the sugar and carrot in 2-quart (2-L) saucepan; heat to boiling over medium-high heat. Boil carrots gently 2 minutes. Add chicken; boil gently 2 minutes. Add mushrooms; boil gently 1 minute. Drain.

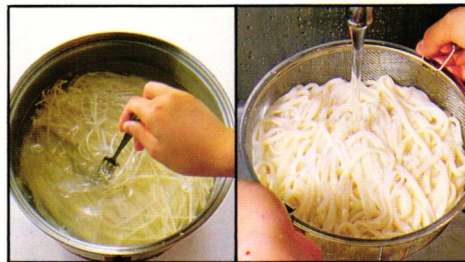
6. Place remaining 5 cups (1250 mL) dashi, 5 tablespoons (75 mL) soy sauce and ½ teaspoon (2 mL) salt and the mirin in 2-quart (2-L) saucepan; heat to boiling over medium-high heat. Reduce heat to low to maintain low simmer until ready to add broth to casseroles.

7. Place noodles in 4 individual (3- to 4-cup or 750-mL to 1-L size) flameproof earthenware casseroles, ** dividing evenly; top with carrot, chicken and mushrooms. Add broth to a level even with top of noodles; cover each casserole. Heat to boiling over medium heat. Add spinach and green onions; break 1 egg onto center of ingredients in each casserole. Reduce heat to low; simmer, covered, until egg whites are just set. Serve immediately; pass seven-spice powder.

Makes 4 servings

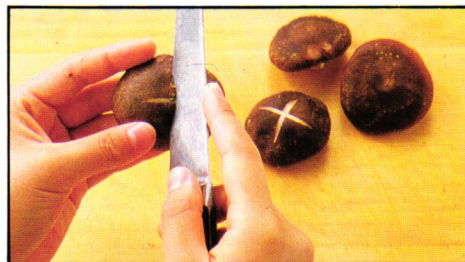
*Cooking time depends upon thickness and content of noodles; follow individual package directions for proper cooking time. (If desired, omit cold water and cook noodles at full rolling boil until firm-tender, 7 to 11 minutes.)

**Flameproof ceramic casseroles or even small, heavy ceramic saucepans may be used. If individual containers are not available, prepare in 1 large container.

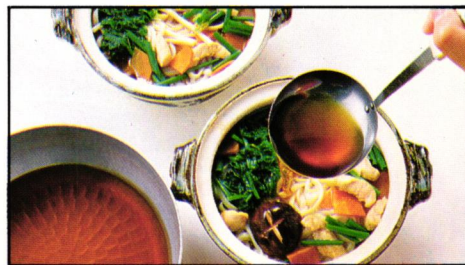


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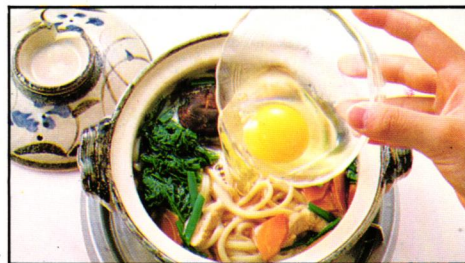
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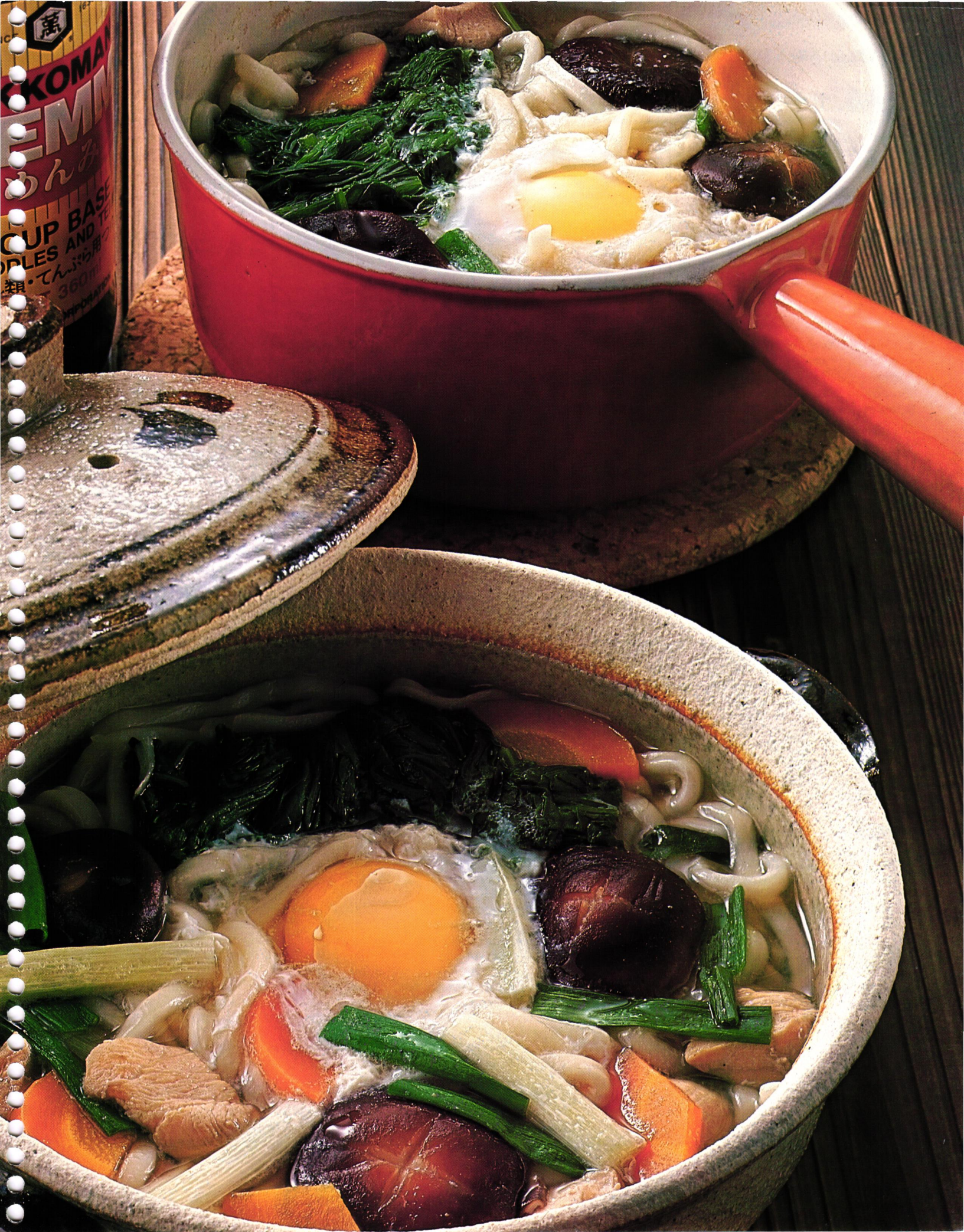
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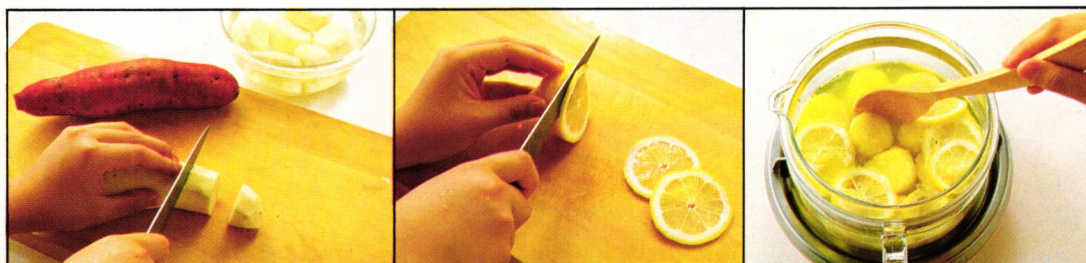
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萬
KOMAMA
EMMA
うどん
CUP BASE
POPLES AND TEA
類・てんぷら用
360ml

LEMON SWEET POTATOES

SATSUMA-IMO AMANI



1 pound (450 g) sweet potatoes
(preferably long and thin)*

Water

1 medium lemon

3 tablespoons (45 mL) sugar

1/8 teaspoon (0.5 mL) salt

**White- or yellow-fleshed sweet potatoes can be used. If using light-colored potatoes, you may wish to add a few drops yellow food coloring when adding the lemon slices.*

1. Pare sweet potatoes; remove any dark spots. Cut potatoes crosswise into 1-inch (2.5-cm) thick slices. Place in medium bowl with water to cover. Soak 10 minutes. Change water twice during soaking time. Drain.

2. Cut lemon crosswise into 1/8-inch (3-mm) thick slices.

3. Place potatoes, 2 1/2 cups (625 mL) water, the sugar and salt in 2-quart (2-L) saucepan; heat to boiling over high heat. Reduce heat to medium; boil gently 10 minutes. Add lemon slices. Continue cooking, adding more water if necessary, until potatoes are tender, about 20 minutes longer. Drain; place in serving bowl. Serve hot or cool to room temperature.

Makes 4 servings

MISO EGGPLANT

NASU MISO-ITAME



3 small, thin eggplants (about 4 ounces or 115 g each)

2 1/2 cups (625 mL) water

3 small green bell peppers

1/2-inch (1.3-cm) cube pared, fresh ginger root

2 tablespoons (30 mL) miso

1 tablespoon (15 mL) soy sauce

1 tablespoon (15 mL) sugar

1 teaspoon (5 mL) cornstarch

1 1/2 tablespoons (22 mL) cold water

3 tablespoons (45 mL) vegetable oil

4 ounces (115 g) ground pork or chicken

1 tablespoon (15 mL) sake

1. Cut each eggplant crosswise into 2-inch (5-cm) lengths; cut lengthwise into 1-inch (2.5-cm) thick wedges. Make 2 or 3 shallow cuts in skin of each wedge. Immediately place eggplant in 2 cups (500 mL) water; let stand 5 minutes. Drain; pat dry with paper toweling. Cut each green pepper lengthwise in half; cut halves into 1 x 2-inch (2.5 x 5-cm) pieces. Mince ginger.

2. Mix remaining 1/2 cup (125 mL) water, the miso, soy sauce and sugar in small bowl. Stir until sugar dissolves; reserve.

3. Mix cornstarch and 1 1/2 tablespoons (22 mL) cold water in small bowl until smooth; reserve.

4. Heat wok or 10-inch (25-cm) skillet over high heat 30 seconds; add oil and heat until hot. Add pork; cook, stirring constantly, until pork turns white, about 2 minutes.

5. Add ginger, eggplant and green pepper to wok; cook, stirring constantly, until vegetables are almost tender, 3 to 4 minutes.

6. Add sake to wok; cook 30 seconds. Stir in miso mixture.

7. Stir cornstarch mixture; add to wok. Cook and stir until sauce thickens, about 1 minute. Serve immediately.

Makes 4 to 5 servings



CHIKUZEN-NI

FLAVORED VEGETABLES WITH CHICKEN



4 dried medium Chinese black mushrooms

2½ cups (625 mL) hot water

6 ounces (170 g) carrots, pared (about 3 medium)

1 ounce (30 g) snow peas

3 cups (750 mL) cold water

1 teaspoon (5 mL) vinegar

6 ounces (170 g) burdock root

4 ounces (115 g) lotus root, pared
10 ounces (285 g) boned chicken
 (skinned, if desired)

½ teaspoon (2 mL) salt

Water

2 tablespoons (30 mL) sugar

3 tablespoons (45 mL) soy sauce

1 tablespoon (15 mL) mirin

1. Soak mushrooms in the hot water until tender, 20 to 30 minutes; drain mushrooms, reserving 1½ cups (375 mL) of the soaking

liquid. Remove and discard stems from mushrooms.

2. Cut carrots into 1-inch (2.5-cm) irregularly shaped pieces. Cut off ends of snow peas; remove strings.

3. Place cold water and vinegar in medium bowl. Scrape brown skin off burdock root with back of knife; cut into 1-inch (2.5-cm) irregularly shaped pieces. Immediately place burdock root into cold-water mixture.

4. Cut lotus root crosswise into ¼-inch (6-mm) thick slices. Immediately add lotus root to cold-water mixture. Let stand 5 minutes. Drain burdock and lotus root. Cut chicken into 1-inch (2.5-cm) square pieces.

5. Place mushrooms, carrots, burdock root, lotus root, chicken and salt in 3-quart (3-L) saucepan; add water to cover. Heat to boiling

over high heat; add snow peas. Boil 30 seconds. Immediately remove from heat; drain. Rinse under cold running water; drain. Remove and reserve snow peas.

6. Place reserved mushroom soaking liquid and sugar in 3-quart (3-L) saucepan; add chicken mixture. Cover saucepan; heat to boiling over high heat. Reduce heat to medium; boil gently, covered, 15 minutes, stirring occasionally.

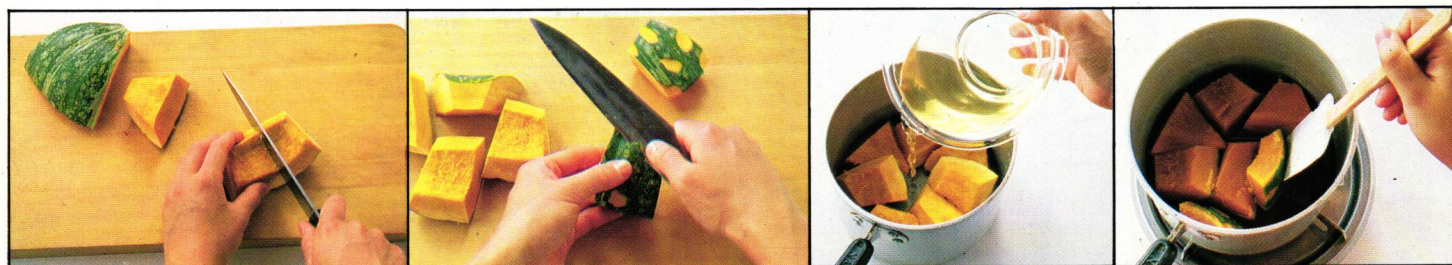
7. Add soy sauce and mirin. Continue cooking, covered, until chicken is cooked through and vegetables are tender, about 3 minutes. Add snow peas; cook 2 minutes longer. Serve hot or cool to room temperature.

Makes 4 servings

Note: This dish may be prepared up to 2 days in advance of serving. Refrigerate, covered. Allow to come to room temperature.

JAPANESE PUMPKIN

KABOCHA NIMONO



1 pound (450 g) Japanese pumpkin or green winter squash (such as acorn)

1½ to 2 cups (375 to 500 mL) dashi

2½ tablespoons (37 mL) sugar

1 tablespoon (15 mL) mirin

1½ tablespoons (22 mL) soy sauce

1. Cut pumpkin in half; remove seeds. Wash pumpkin. Cut into pieces approximately 2-inches (5-cm) square.

2. Slice off small pieces (about ½ inch or 1.3 cm) of pumpkin skin, to give surface a mottled appearance. (Pare skin completely, if desired.)

3. Place pumpkin, skin-side-down, in heavy, 3-quart (3-L) saucepan. Add 1½ cups (375 mL) dashi, the sugar and mirin.

4. Cut parchment paper or aluminum foil to fit into saucepan; lay loosely on top of pumpkin. Cover saucepan with lid.

5. Heat to boiling over medium heat. Boil vigorously 4 minutes; gently turn pumpkin pieces over. Continue boiling, covered with paper and lid, 4 minutes longer.

6. Add soy sauce. Add remaining ½ cup (125 mL) dashi, if needed. Continue boiling, covered with paper and lid, 7 to 8 minutes longer, just until tender. Serve hot or cool to room temperature.

Makes 4 servings



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